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# Women's Health

*It's Good to Be You™*

## EAT UP + SLIM DOWN

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BOOST YOUR BURN!

BEYOND BOTOX:

THE NEW WAYS  
TO AGE-PROOF  
YOUR FACE P.120

IS HE KILLING  
YOUR ORGASM?

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**waked**  
issue!

FEATURING...

WORLD-CLASS ATHLETES,  
TOP MODELS & 2015's  
BIGGEST FITNESS STARS!

Chrissy  
Teigen

HOW SHE OUT-TRAINS  
HER FOOD OBSESSION!

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SHRINK YOUR  
SUGAR BELLY

HAVE YOU  
GOT YOGA  
BURNOUT?

CHRISSY TEIGEN, 29  
Laughs in the face  
of stretch marks

SEPTEMBER 2015 £3.90



A woman with long brown hair and blue eyes is the central figure. She wears a white, sleeveless, pleated dress with a deep V-neckline. Her accessories include a gold headband with a star, a large gold floral brooch on her right shoulder, and a multi-strand gold chain necklace. The background is a dramatic sky with white and grey clouds. In the bottom left corner, there is a white, classical-style architectural element, possibly a column base. The overall mood is ethereal and divine.

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The secret to  
model-beautiful hair?

*head & sssssshhoulders*

\*Visible flakes seen at 2ft with regular use.



When it comes to her hair, **Sofia Vergara** doesn't compromise and neither should you. Get up to **100% flake-free\*** and model-beautiful hair with Head & Shoulders Smooth & Silky Shampoo and Conditioner.







# FOREWORD

## THINKING

♦ SEPTEMBER 2015 ♦



When was the last time you looked at yourself naked? (I don't mean a passing wince in a changing-room mirror, either. I mean a good old rubber-neck stare.) Last week? Last month? Last night before you popped in the bath?

I bring this up because I did this just the other morning. And it was – how can I put this – *revelatory*. There were sags and sun spots where, before, there had been none. There were moles and cellulite puckers (lots of those, actually) and delicate little stretch marks that ran like rivulets out along the upper reaches of my thighs. Why had I never noticed?

Probably because I've spent my entire life working on my body – exercising it, depilating it, getting it pummelled in semi-lit spa rooms without even a backwards glance (actually, definitely not a backwards glance). And it's odd, because I look at the things I put on it almost every day. I notice when there is a broken zip on a dress or a missing button on a jacket. I know when an elbow on a cashmere jumper is about to wear through and when my shoes need resoling. And repairing them, caring for them, makes me appreciate them more. Their holes and snags are footnotes to the life lived in them, in the same way that every stretch mark and blooming little freckle should be loved for the tale they tell about your body.

So I'm okay with it all: the marks and the puckers and the gentle downward trend. I'm at peace with the concave/convex exchange that appears to have happened between my stomach and backside sometime around 2014. That's life, and that's the human body. I'm fit and I'm strong and I can still outrun my husband.

But I wish I'd looked sooner; my body and I had both been on this transformative journey together. So I urge you to have a peek and take a moment to appreciate what you've got going on under there. Honestly, you'll be amazed at how wonderful it all is.

This is WH's annual Naked Issue... for women who love and nourish their bodies.

**Farrah Storr/ Editor**

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**Winning!** A peek at what we've scooped so far... BSME Rising Star Awards 2015 Highly Commended for Best Picture Editor, Emily Murphy; PPA New Talent Awards 2015 New Designer of the Year, Harry Winfield; Johnson & Johnson Awards 2015 Best Monthly Consumer Journalist, Anita Bhagwandas; PPA Awards 2014 Publisher of the Year, Alun Williams; PPA New Talent Awards 2014 Highly Commended New Editor of the Year, Farrah Storr; Johnson & Johnson Skincare Journalism Awards 2014 Best New Beauty Journalist, Amelia Jean Jones; BSME Rising Star Awards 2014 Best Original Feature Idea, Amy Grier; ACE Launch of the Year 2013; BSME Awards Fiona Macpherson New Editor of the Year 2012, Farrah Storr. Phew!

## ON MY RADAR...

*Naked trends... Hit or miss*

### Naked yoga

Have you seen what a man's unfurled scrotum looks like in downward dog? Now is not the time to see. Yoga pants are a must.



### Naked face selfies

Downside: you're taking a picture of your face without make-up. Upside: you're raising money for Cancer Research UK. Overall: a big win!

### Naked cakes

The latest trend in wedding cakes: you forgo the 3in outer layer of icing and see exactly what's inside your cake. A genius way to slash calories.



### Naked tourism

People have trekked for days to get to Machu Picchu. The last thing they want to see when they get there is your bum. Put it away. Now.

# THE SEARCH FOR YOUNGER LOOKING SKIN IS OVER.

1 CREAM, 100 AWARDS.



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\*Based on mass market facial moisturiser and cleanser value sales for past 12 months ending June 2014

†Based on number of awards received by Olay Total Effects boutique across the globe 2002-2014

  
**OLAY**  
TOTAL effects

YOUR BEST BEAUTIFUL™



# ASK WH

YOU HAVE QUESTIONS?  
WE HAVE ANSWERS

*Guns blazing*

## Q The big QUESTION...

*Why do my muscles swell for days after a tough workout?*  
Claire, Southsea

T-shirt a bit tight on the arms? Here's why: pushing your muscles to the limit causes 'micro tears'. Don't worry – the tissue grows back leaner and stronger. But to deal with that initial damage, white blood cells and lactic acid rush in, carrying nutrients to repair the tissue. This leads to a histamine spike, which results in swelling. "With it comes Doms [delayed onset muscle soreness], which can prolong swelling and hamper performance for a few days," says PT and LiveFit director James Hardy. His advice: take a cold shower after your workout. This will increase bloodflow as arteries contract and dilate, clearing out histamine. Brrrrilliant.



## Q Should I be letting my two-year-old nephew use my smartphone?

>Chloe, Bridgend

Tempted to shove a 'digital babysitter' in front of a small child? Bad news: a recent US study\* suggests that all of the educational benefits of interactive technology (and the added bonus that it keeps them quiet) are outweighed by potentially detrimental effects on a young child's social-emotional development. The study's authors also note the negative impact such devices can have on "the development of sensorimotor

and visual-motor skills". And that's if your nephew is just using your phone to play games – once he's old enough to make calls, all bets are off. Studies show that children absorb greater amounts of radiation from wireless devices than adults do because their brain tissue is more permeable and their skulls are thinner\*. This means that children who use mobile phones have a higher risk of brain tumours and neurological damage – from a young age, you want to encourage your nephew to use the speakerphone or headset to reduce his exposure. Make the right call.

# >Q<

## Is the Pill making me anxious?

>Victoria, Liverpool

Maybe. While many health effects associated with the Pill are known – reduced risk of ovarian cancer, increased chance of breast cancer – there has been limited research into its impact on mental health. But a new study\* has found it shrinks areas of the brain that regulate emotions. A correlation was found between brain structure and sex hormones oestradiol and progesterone (present in all oral contraceptives). This could be why some women on the Pill experience symptoms of anxiety and depression. Dr Geetha Venkat of Harley Street Fertility Clinic agrees there could be a link: "Common side effects include mood swings. However, in women prone to depression, panic attacks or other mental health symptoms, the Pill may precipitate these and increase their severity. The best option under these conditions is to consider non-hormonal intrauterine contraceptive devices." First stop? Your GP.

## Q Are Spanx bad for my health?

>Julianne, London

As if manhandling a fistful of muffin top into your boob-high knickers wasn't traumatic enough, we're sorry to say that it's not just your belly that feels the squeeze – shapewear can compress your organs, too. Blocking what is essentially your body's 'plumbing system', this pressure "can cause complications, like shallow breath, discomfort, bloating and acid reflux," says gastroenterologist Dr John Kuemmerle. Blood clots are a potential issue, too, especially for those with varicose veins or if you're sitting for long periods of time. And we're not done – sweaty shapewear can be a hotbed for germs. Because they're so tight, they trap moisture, predisposing you to yeast and bacterial infections, Kuemmerle adds. Worn every now and again or to an event where you'll be standing most of the time is fine. But on a Kardashian frequency? No Spanx. **W1**

## IS IT WORTH IT? DRY NEEDLING

Dry needling involves the insertion of needles into specific points on the body – so far, so acupuncture. But instead of 'energetic pathways', it targets 'myofascial trigger points'; knots of muscle caught in constant contraction (that's right: ouch). By poking a needle in there, a doctor or physiotherapist can elicit a localised twitch response, which allows the muscle to relax. So does it work? Yes, according to a 2013

US report\*, while a recent Rutgers University study shows that you can feel the benefit in just one session. However, study author Dr David M Kietrys warns that it should not be used as a stand-alone remedy, but as part of a comprehensive physiotherapy regime that addresses underlying issues, such as postural problems. In short, it's worth a stab.

☒ **WORTH IT**  
☐ **NOT WORTH IT**





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highlights**  
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## NOT AVAILABLE IN CANDY PINK.



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The Jeep Renegade also has a wide choice of fuel-efficient engines and a 5 star EuroNCAP safety rating. And on the outside, it's got looks that will turn heads either driving down Oxford Street or driving through the Oxfordshire countryside. No matter what colour you choose.

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Model shown Jeep Renegade 1.4 MultiAir II 140 hp Limited 4x2 Manual at €22,395 OTR. OFFICIAL FUEL CONSUMPTION FIGURES FOR JEEP RENEGADE RANGE MPG (L/100KM): EXTRA URBAN 47.9 (5.9) – 70.6 (4.0), URBAN 32.5 (8.7) – 51.4 (5.5), COMBINED 40.9 (6.9) – 61.4 (4.6), CO<sub>2</sub> EMISSIONS: 160 – 120 G/KM. Fuel consumption and CO<sub>2</sub> figures are obtained for comparative purposes in accordance with EC directives/regulations and may not be representative of real-life driving conditions. Factors such as driving style, weather and road conditions may also have a significant effect on fuel consumption. \*Promotion available on The All-New Jeep Renegade models registered by 30th September 2015. 0% APR Representative Hire Purchase available for a 3-year term with a minimum deposit of 10%. Finance subject to status. Guarantees may be required. Terms and Conditions apply. Jeep Financial Services, PO Box 4465, Slough, SL1 0RW. Jeep® is a registered trademark of FCA US LLC.





# THE BRIEF

✚ NEWS YOU CAN USE ✚

NUTRITION / **WEIGHT LOSS** / BEAUTY / **HEALTH** / FITNESS / **SEX**



## Take GARDENING *leave*

Want to perform better in your next meeting? Look to nature. Scientists at the University of Melbourne, Australia, found that students who gazed at images of the great outdoors were able to maintain concentration levels more effectively than those who saw photos of cities. And just 40 seconds of staring had a similar effect to actually venturing outside. Deskbound? Then check out botanist James Wong (@botanygeek) on Pinterest – it'll make your meeting a walk in the park.



VERY.CO.UK



Fashion delivered  
free next day



Light bulb  
moment



## BE BRIGHTER WITH GARLIC

Here's a way to get the benefits of garlic without the dodgy breath: a compound in aged garlic extract may protect your brain against the damage caused by pollution. A University of Missouri study revealed that an antioxidant compound known as FruArg, found in the stuff (try Quest Vitamins Kyolic Garlic, £14.25<sup>†</sup>), fights the oxidative stress and inflammation that pollution causes. And as if that isn't enough, it also promotes the production of other antioxidants, which protect and heal brain cells, making the organ more resilient to disease and ageing. All clear? Good.

### NUTRITION

## BRIEF

### FEED YOUR HEADACHE

Ease that throbbing head – by filling your stomach. A study<sup>\*</sup> has found upping your intake of the B vitamin folate can ease migraines. People who suffer from regular head pounders are often found to have a mutation of a particular gene.

But folate-rich foods could override genetics; of the study subjects (all of whom had the mutation), those who ate more folate had fewer migraines than those lacking the B vitamin. It's the first research to suggest getting more folate from food could stave off migraines, so load up your plate with leafy greens and lentils. That's better.

9

The number of times more carotenoids (cancer and inflammation-battling antioxidants) your body absorbs from raw vegetables when they're mixed with cooked eggs. The yolk's fat content helps your body absorb them more efficiently. Eggcellent!

SOURCE: PURDUE UNIVERSITY

### BEAT BUGS WITH PEANUTS

A handful of peanuts a day could prevent food poisoning, a new study from the University of Maryland, US, reveals.

Eating kernels (crucially, without their skins) can improve gut health by promoting the friendly bacteria including *Lactobacillus casei*, which outcompetes the likes of *E coli* by occupying space on intestinal walls and producing antimicrobial substances to fend them off. Scoff 50g a day before travelling to stay bug free.





# M&S

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# GIMME AN A!

The real reason you're piling on pounds may be what you're *not* eating rather than what you are. New data in the *Journal of the American College of Nutrition* shows overweight adults had lower levels of vitamin A than their normal-weight peers. (The nutrient is linked to the regulation of fat cells and the hormones they release.) Good news: there's no need to start popping pills as vitamin A is regularly available in our diet. Get the most from it by pairing A-rich foods, like carrots, with avocado; its good fats help you absorb more. A+ stuff.

What a drip

## SEE YOURSELF SLIM

The eyes are windows to the belly, according to Dutch research\*. Seeing photos of healthy portion sizes can make you more mindful of what you put in your mouth. People given a bag of M&M's with a serving-size photo ate 10-15 fewer pieces than those who weren't given a sense of perspective. Try the Calorific app (free, iTunes). It shows you what 200 calories of hundreds of snack choices look like. Reality sucks!



# 60

The number of grams of flaxseed you need to add to your daily diet to lose weight. Study authors suggest compounds in the seeds called lignans have anti-inflammatory effects that speed up glucose metabolism.

SOURCE: NUTRITION JOURNAL

## BAG BETTER HABITS

Bringing your own tote to the checkout might be saving the planet, but it isn't doing your waistline the world of good. According to Harvard Business School research, people are more likely to buy junk food when they use reusable shopping bags. Researchers attribute this to something called 'licensing' - making one good choice leads to rewarding ourselves later. But don't ditch your eco-conscience. Instead, avoid going wild in the aisles by picking a blue bag - the colour suppresses appetite. Here are three of the best under £40:



£10, BHS



£38, Topshop



£39.99, Mango

**ONE-WORD ANSWER:**  
**AZULENE**

This organic compound has potent anti-inflammatory properties to heal damaged skin. You can find it in blue tansy – an ‘it’ ingredient for 2015. Try Sunday Riley Luna Sleeping Night Oil, £85.

# GET IN TOP CONDITION

For a post-cleanser complexion boost that offers more than your regular toner, swap in a skin conditioner to your daily routine. Already big in Asia, these light lotions act as toners to remove excess dirt and oil, making way for the rest of your routine to work more effectively. Pat onto skin with a cotton pad, massaging in any excess before applying serum. For more bespoke skin benefits, try these:



**For: Sensitivity**  
**Try: RMK Skintuner Conditioning, £35**  
**Why: It contains niacinamide (vitamin B3) to help combat redness**



**For: Breakouts**  
**Try: Erno Laszlo Conditioning, £49**  
**Why: It boasts salicylic acid to help treat breakouts**



**For: Dehydration**  
**Try: Antonia Burrell Forest Dew Skin Conditioner, £25.50**  
**Why: It hydrates with French fucose polysaccharide**



Bluejuice

# 36m

The number of new skin cells we produce every day, on average. Exfoliate with Dermalogica Daily Microfoliant, £41.75, to give cell turnover a hand.

SOURCE: DERMASCOPE MAGAZINE

## WTF IS BLACK SOAP?

If you've ever been to a traditional Moroccan hammam, you'll have come across black soap. An olive oil-based paste, it's used to soften and moisturise the skin before being buffed off with an exfoliating mitt, removing dead skin with it. Now it's hit the high street: try L'Occitane Rebalancing Black Soap, £16. Trust us, it will leave your skin impossibly smooth.





Overdone it  
this summer?  
Turn up the  
hair  
conditioning

Lazy summer days? Err, no.  
Crazy summer days? You betcha.  
Give summer hair the kiss of life with  
Aussie Beach Mate Collection.  
It's beached-out hair's  
lifeguard in a bottle  
(minus the 6-pack).

DINKY  
TRAVEL SIZE



"There's more to life than hair but it's a good place to start."





# SMELL TO BE WELL

A whiff of the right scent can help combat motion sickness, says new research from the Toronto Rehabilitation Institute, Canada. It found people who smelt rose oil before watching a nausea-inducing video felt 50% less queasy than those who sniffed nothing at all. The researchers say certain odours can elicit emotions that distract the brain from motion sickness. Try Diptyque Eau Rose Roll On, £32<sup>†</sup>, next time you travel.

## BEAT PLAQUE WITH PROTEIN

One for the meat eaters. A new study by Peking University School has found carnivores trump vegans in dental protection. Arginine, an amino acid found in meat and dairy, breaks down plaque, keeping cavities at bay. But going vegan doesn't have to mean more fillings. There are vegetables that have some (but not as much) arginine, like black beans, soy beans and bean sprouts. Give your gums a boost with arginine-enriched Colgate Sensitive Pro-Relief toothpaste, £3.90<sup>†</sup>. Now that's something to smile about.



Seascents



# 3

The number of times more polluted your kitchen gets than city air after cooking with gas. Using the back burners and turning your extractor fan to its highest setting is proven<sup>\*</sup> to cut pollutants by about half. Now breathe...

SOURCES: UNIVERSITY OF SHEFFIELD; ENVIRONMENTAL SCIENCE & TECHNOLOGY

## GIVE SOME HEARTFELT THANKS

Gratitude can boost heart health, says a new study<sup>\*</sup>. Cardiac patients who wrote down what they were thankful for every day for eight weeks showed a rise in heart rate variability (read: healthier tickers). Try it for yourself with our pick of gratitude journals. You're welcome.



**Gratitude:  
A Journal**  
(£10.99,  
wordery.com)



**Moleskine  
Wellness Journal**  
(£17.99,  
moleskine.com)



**Gratitude  
Journal app**  
(£1.49,  
iTunes)



"There's more to life than hair but it's a good place to start."



AUSSIE

## Dry tent? No Dry feet? Not quite Dry shampoo? Absolutely

Knee-deep in festival madness?  
Let Miracle Dry Shampoo  
keep you looking like  
a crowd-surfing goddess.  
Dance in the rain? Go for it.  
Sleep in a puddle? Why not!  
With these little beauties  
nothing's off the bill  
(except grease).

ROCK 'N' ROLL  
HAIR



# HIT YOUR SWEET SPOT

To swerve, er, runner's tummy *and* beat your PB, choose your energy drink wisely. One that contains both glucose *and* fructose is more rapidly absorbed from the digestive system into the bloodstream than a glucose-only drink. A US study\* found runners who sipped a drink that contained 6% glucose and 5% fructose had fewer gastrointestinal issues and ran faster than those who drank just glucose. For a DIY version, sip water and eat 150 calories worth of grapes or banana. Simple.

## BE ON THE BALL

Your workout could be the key to unlocking lower back pain. A new Korean study\* found jack-knife exercises on a fitness ball to be the most effective at increasing activity in the abdominals and improving spine stability – both of which help ease discomfort caused by spending eight hours at your desk. Sapan Sehgal, founder of London Fields Fitness, tells us how:



- (a) Roll forwards on a fitness ball until you're in a push-up position, with shins on the ball and body straight.
- (b) Keeping your elbows close to your sides, bend your arms and lower your chest to the floor. Push back up.
- (c) Contract your abs and, back straight, pull the ball towards you, bending your knees to your chest. Return and repeat. Do 8 reps in total.

Poor aim

# 10

The percentage longer you can really keep going when you think you've reached your limit in the gym. A new study shows that when participants' rest times were secretly reduced by 10%, they were still able to push just as hard. So you actually can give it 110%.

SOURCE: EDINBURGH UNIVERSITY

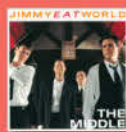
## MOVE TO THE BEATS

Next gym trip, bagsy the treadmill in front of the TV. Watching music videos while exercising is more beneficial than just listening to the tunes, says a US study\*. Researchers found runners glued to the box were more distracted from discomfort and fatigue and reported a more positive attitude towards their workout. Channel hop to songs with more than 150bpm – they're proven to make you run faster. Pick up your pace with these:



170bpm

**The Beat**  
'Mirror in the Bathroom'



162bpm

**Jimmy Eat World**  
'The Middle'



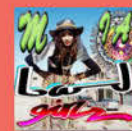
160bpm

**Taylor Swift**  
'Shake It Off'



158bpm

**Michael Sembello**  
'Maniac'



150bpm

**MIA**  
'Bad Girls'



"There's more to Aussie than hair."



**Aussie Body Wash.**  
**Make yourself a smoothie.**  
**(No blender required.)**

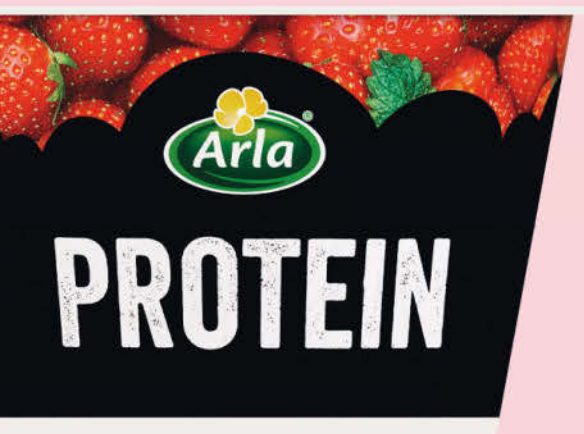
Are you a  
smoothie-in-the-morning  
kind of girl?  
Then hop (like a kangaroo)  
into the shower with  
Aussie Body Wash.  
Exotic ingredients.  
Fab fragrance.  
And skin that feels as  
smooth as a bundle  
of baby koalas.



**ONE LUNGE OF  
CONVICTION IS  
BETTER THAN  
20 LUNGES  
OF APATHY.**

**EAT ARLA  
PROTEIN &  
STAY STRONG,  
GYM-GOERS  
OF BRITAIN.**

**#STAYSTRONG**



let in the  
goodness



# LOVE UP, SLIM DOWN

Forget love handles, turns out falling head-over-heels could help you *lose* weight. A new US study\* links love hormone oxytocin to eating less. Subjects given the hormone in a nasal spray before breakfast ate 122 fewer calories and 9g less fat for that meal. It also improved insulin sensitivity and boosted metabolism. Single? Watch a tear-jerker – it makes oxytocin surge by 47%\*. Sweet.

## GET HOTTER WITH HOBBIES

Turns out getting busy can lead to *getting busy*... if you pick the right pastime. For a recent report in the *Journal of Creative Behavior*, researchers asked men to rate hobbies from hot to not – good news for sports fans, not so much for cushion fans:

Hot



Road trips



Playing sports



Painting



Being in a band



Photography



Gardening



Interior decorating

Not

Good night,  
sweet heart

# 1

The number of hours  
more sleep you need  
a night to increase  
your chance of getting  
intimate by 14%  
the next day.

SOURCE: JOURNAL OF SEXUAL MEDICINE

## GIVE HIM A BELL

If he seems to be more aroused by the new *Top Gear* line-up than you, don't worry (too much), assuming you've been together more than a year. Research\* shows after the 12-month mark, his testosterone drops because – get this – he's no longer worried about competition! Give his ego and hormones a workout at a kettlebell class: dynamic-resistance training boosts testosterone by up to 136%\*.



# 5AM? I DECIDE WHEN THE NIGHT ENDS, NOT MY PERIOD.



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\*Improved core with more liquid locking gel.





# BEST BODY

✦ FITNESS TRICKS TO HONE AND TONE ✦

## *The* *mindful* MOVEMENT

*It's the wellness buzzword du jour, but can mindfulness reboot your body as well as your head? Meet the A-list trainer who promises just that*

WORDS AMY LAWRENSON

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A four-week challenge to shape your body and brain

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Turbocharge your workout with these good vibrations

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Everything you need to know about Apple Watch

*Featherbrain*





**D**an Roberts doesn't train and tell. Despite being the go-to PT for several royal families, major Hollywood film studios and the type of model agencies who have Naomi Campbell and Suki Waterhouse on their books, he remains notoriously tight-lipped when it comes to those ubiquitous names that make up his client list. But what we do know is that for the A-listers who need a trainer-who-travels, in-demand Roberts charges £2.5k a day to be by their sides, wherever that may be – making him one of the world's priciest PTs.

So what can justify such a hefty price tag? With Roberts, it's science meets psychology: tailor-made sessions of cardio, weights and plyometrics teamed with martial arts and mindfulness. Mindful exercise – staying in the moment through movement – is beneficial in two ways. First, by thinking about what your body is doing, you'll do each exercise better – upping your toning potential. In fact, one study<sup>1</sup> found by focusing on the muscles you're training, you work them 22% harder. Second, you'll get all the stress-relieving benefits that mindfulness boasts, mainly in the form of endorphins.

So, how do you stay mindful? "Listen to your breathing to help you concentrate," Roberts says. Think of it as 'meditation in motion'. "Your aim is to do each move without fault. Mentally note how your body is feeling and responding to each exercise, every rep – making tiny adjustments throughout will help you perfect your form. This Zen-like focus will benefit your mind, just as much as your body."

### ***THE EXPERT*** ***Dan Roberts***



**Lives in:** London

**Trains:** Damned if we know. But clearly, they're loaded

**Method:** Mindfulness meets martial-arts Hiit







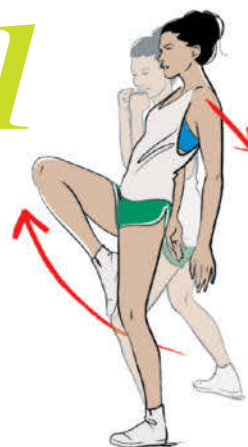
## TIP:

For the first few days, ditch the tunes, – you want to focus on the moves and get them right. Sorry, Bey.

## THE MOVES

Do these mini challenges every day to tone your body and reboot your mind in one month

# 1



### The mixed martial arts knee strike

**Targets:** glutes, hips

**Improves:** balance, fat burn

**(a)** Start in a 'fighter's stance' (left foot forward, knees slightly bent). Raise both arms up and to the left.

**(b)** Pull hands down as you push your right knee out – drive from the hips (like a kettlebell swing) and lean back, your heel tucked into your bottom. Return to start.

**Challenge:** Do 100 each side.

# 2



### The incline push-up test

**Targets:** upper body, core

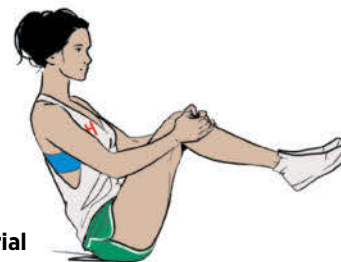
**Improves:** strength, power

**(a)** With palms on a chair, shoulder-width apart, get into high plank. Keep your shoulders, hips and knees in a straight line.

**(b)** Bending at the elbows, lower yourself down, so your body stays in a straight line and drive back up.

**Challenge:** Do 50 reps (rests permitted). Time yourself every day; if you can do it in less than 2 mins, be very proud.

# 3



### The mindful V-sit trial

**Targets:** abs, lower back

**Improves:** posture, focus, breathing

**(a)** Sit with feet in front of you, knees bent and back straight.

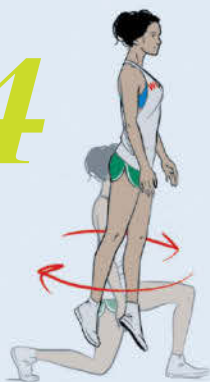
**(b)** Lift your legs up so your thighs are at a 90° angle with the floor. Keep your back straight and shoulders back and down, and gently place your hands on your knees. Focus on breathing in through your nose and out through your mouth.

**Challenge:** Aim to hold it for 3 mins. Can't get there? Just make sure to improve your time with each workout.

Be on  
the ball



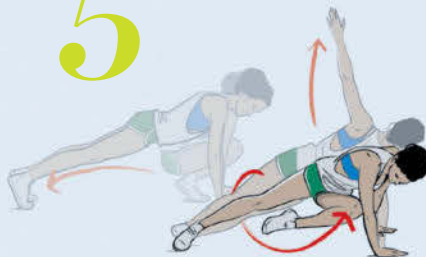
4

**The jumping split squat max-out****Targets:** lower body, glutes**Improves:** cardio endurance**(a)** Start in a lunge, front knee bent at 90° to the floor and back knee bent so your knee is almost touching the ground. Keep your torso upright.**(b)** Jump, switching your footing mid-air.**Challenge:** Do it non-stop for as long as you can. Less than 30 secs = not good enough! More than 2 mins = superhero.

6

**The sumo squat 100 challenge****Targets:** inner thigh, core, glutes**Improves:** hip flexibility**(a)** Just like a sumo would, stand with legs wide, knees soft, feet turned out.**(b)** Squat down, go as low as you can before driving your back up to the start position. Oof!**The challenge:** Do 100. Yep, you heard us right. If you have to stop, rest for 2 mins and go back to the start. Yep, you heard us right that time, too. **WHT**

5

**The Jovan' test****Targets:** upper body, core**Improves:** fat loss**(a)** In a low squat, place your hands flat on the floor in front of you. Kick both feet back so you finish in a high push-up.**(b)** Rotating your torso and feet, bring your left arm up, so you're in a side plank.**(c)** Rotate back to the push-up and bring your left knee in to touch your right elbow. Come back to plank, then jump to squat. Repeat on the other side.**Challenge:** Do 10 reps each side, no rest. Don't rush – it's all about alignment.**Ask the expert****The expert:**

James Duigan

**Who:** PT and founder of Bodyism (bodyism.com)**Q Can exercise improve the appearance of cellulite?**

**A** Working out will not only improve muscle tone, but also your skin. Regular exercise helps lymph (a fluid that carries waste away from cells to be expelled from the body) flow more freely through fatty areas, speeding up your detoxing system. Inversion yoga poses such as the supported shoulder stand, which put your heart above your head, are especially good to boost circulation. Drink filtered water (tap can contain hormones and metals) and four cups of antioxidant-rich green tea a day. Eat lots of high-fibre green vegetables to eliminate toxins, and body brush problem areas after exercise, but before you shower.

**Q What's the fastest way to blitz fat before a holiday?**

**A** Simple: the more you challenge your muscles, the more fat you break down for energy. Try a 'big bang' circuit, which works the most muscles in the shortest amount of time. A good example is this five-move circuit: 10 squat presses, 10 lunges with a body twist (five a side), 10 triceps dips, 10 disco lunges, where you throw your arms up in the air as you go forward (five a side), then finish with a 30-60-second plank. Rest for 30 seconds then repeat the circuit four more times. Another method is to keep changing up your workouts, so you're pushing your muscles to adapt to different moves. Yoga one day, resistance circuits the next, and then a 40-minute run or swim another day.



X-Combat DVD is out 1 October. To pre-order, visit [danrobertsgroup.com](http://danrobertsgroup.com)





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*Wellth of  
knowledge*

# KATE UPTON

*That face. That body.  
That attitude. We out  
the secrets behind all three...*



## My figure

Does being called curvy bother me? A lot of things bother me, but I try to move things forward rather than worry about what people are calling me. And I love that 'strong not skinny' is a movement now. When I first started out, it was just 'skinny, skinny, skinny'. I want to be strong because I'm working 12-hour days and I want to do it with energy, and go out with my friends and enjoy life. So I train about four times a week, mixing it up with light weights, body-weight exercises, yoga and boxing. I train with David Kirsch, who really does keep me in shape. There's only one thing I hate about the gym – looking at myself! Urgh! That weights face! But when you're training you have to do it to make sure you're doing the move properly. It's so awkward, though.



## My food

Life's too short to be sitting there, saying, "Let's not eat." Food is awesome. But this year, I've learnt how to eat for my body. Before, everything was a diet, but now it's about how my body reacts. I don't have cheat days because nothing's off limits. So I can eat chocolate, but I know I'll break out if I do. I don't react well to cows' milk or refined sugar, so I try to avoid both as much as possible, but won't stop myself indulging if I want to. That means a bit of planning – so I always carry kale chips, almonds and fruit around. Breakfast tends to be a smoothie – I blend kale, spinach, blueberries, almond milk and half a banana and ice – and I've recently discovered my new favourite dinner; courgetti spaghetti with home-made tomato sauce and truffle oil. I only really cook when I have people over though because I cook for compliments!



## My face

For me, feeling pretty starts with having nice, smooth skin. That means I never sleep in make-up – that rule's ingrained in me. The other night, I was so tired I had collapsed on the bed, but still couldn't pass out until I'd washed my face. I love products by Luzern Laboratories, a cosmeceutical brand that's better known in the US. Its Serum Absolut Control is great for preventing breakouts; I use it morning and night. And I've started using Bobbi Brown's Intensive Skin Serum Foundation, which is amazing. My tip: apply it with one of those egg-shaped sponges. It smooths everything!



## My focus

I've read Sheryl Sandberg's *Lean In* three times. She talks about the 'tiara syndrome' and how women work really hard just to get approval, while men work hard to get the promotion. It's so true! I've always been super aggressive when it comes to getting what I want, but my sisters totally suffer from the tiara effect. I suppose I've escaped it by being the third child. I've always been like, "That's mine! Everyone, pay me attention." Anyway, that book just helps me to feel okay about being so ambitious. **WH**



*Upton girl*

**Age:** 23  
**Job:** Actress, model and celebrity face of Bobbi Brown cosmetics  
**Fitness MO:** Mixing it up  
**Wind-down secret:** Box sets. I love *Damages* with Glenn Close



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# PLATE UP

*Push every muscle harder and get faster results by shaking up your workout... literally*



## This month's trainer

**The expert:** Ronnie Kublova, co-founder of Powervibe Fitness Studio

**Client:** Sienna Miller and Lily Cole

**Calories burned:** 300 in 15 mins

**T**he Power Plate theory: sending vibrations through your muscles during exercise causes them to contract up to 50 times per second, which boosts exertion by 300% compared with doing the same workout on the floor. The result: leaner muscles in a third of the time. "Muscles have to become completely fatigued to gain lean, toned mass," explains Ronnie Kublova, master trainer at Powervibe Fitness Studio, London. So when they fatigue, micro-tears are created, which subsequently repair and grow back stronger. "This only takes a minute on the Power Plate." Perform three circuits three times a week on a vibration speed of 35MHz. Do each move for 60 seconds with a 15-second rest in between. Go on, shake a leg.

## Déjà who?

Remember these biceps? Their owner is Stevie Hartley, last year's The Body competition winner. She's now living the dream as a kick-ass fitness model.

See next month's issue for our 2015 finalists!

*Leaps and bounds*



**3¾ MINS\***

## 1. Power squat

**Targets:** Quads, glutes

**(a)** Stand on the plate with feet shoulder-width apart, holding an 8kg kettlebell with both hands.

**(b)** Squat, pressing the kettlebell overhead. Return to start, go again.



**3¾ MINS\***

## 2. V-sit crunch

**Targets:** Abs, triceps

**(a)** Lie on the plate, holding a medicine ball to your chest.

**(b)** Crunch, lifting both your torso and legs as you raise the ball up and over to the right. Return to the start and repeat on the other side.



**3¾ MINS\***

## 3. Pumped-up plank

**Targets:** Shoulders, abs, back

**(a)** With a 5kg weight in each hand, plank with weights on the plate.

**(b)** Bring your right hand up to your side, rotating your torso the same way. Return then swap sides.



**3¾ MINS\***

## 4. Leg extension and pop

**Targets:** Quads

**(a)** Stand on the plate on your right leg. Extend your left leg forward 2in off the ground, then bring it back in without putting it down. Hop, repeat.

**(b)** Switch legs after 30 seconds. It'll feel a whole lot longer. **WH**

# The TEST of TIME

WORDS FARRAH STORR

Every day on my way in to work, I pass the Apple store on London's Regent Street. Most mornings, there's a queue that snakes around the corner, a queue made up almost entirely of awkward-looking geeks, who look like they would struggle if faced with a bra strap, but who are probably wonderfully adept with a hard drive. On one morning in May, however, something odd happened. The queue swelled... with women. Lots of women. This was because it was the launch of the Apple Watch, a device that has come loaded with so much hype that even my own father – a 75-year-old hermit living in deepest, darkest Lancashire – has heard of it.

I'm not big on tech. My entire home is wired up with some sort of smart technology my husband says saves us lots of money, but essentially means I can neither turn down the heating when I'm too hot, nor turn on the TV when I'm bored. The one area in which I am technically adept, however, is wearables. I was brandishing a Nike FuelBand so early on that most people presumed it was some sort of tagging device. I have a drawer full of heart-rate monitors, long-forgotten pedometers, dust-smudged Fitbits and a Jawbone I've been too scared to reboot after I found it in the dog's drinking bowl. I have used them all at some point in my life because I like to track how much I exercise, and seeing the number of calories I've burned

is satisfying in the same way as picking a spot – painful, yet inexplicably joyful.

While the Apple Watch does indeed deal with all your life admin – texts, calendar dates, emails, tweets – it is its health capabilities that have sparked the interest of women. And good news: this is where Apple has been working overtime, recognising the ludicrously huge potential between wearable tech and health aggregation. Given we're all getting a lot fatter and a lot less fit nowadays, could a £300 watch really save us all from a future of pacemakers and elasticated pants? And is it actually better than the legion of other health monitors many of us have already spent our hard-earned cash on? I spent the summer finding out...





*Time trial*



## ➤ *Apple Watch versus:* *Pedometer*

Okay, so perhaps no one except your gran uses one of these nowadays, but here's the thing about pedometers: they're accurate. And simple. You don't have to charge them and you don't have to flip between a thousand other different metrics. It's just you and the number of steps you've taken. Ah yes, but the Apple Watch can tell you exactly how far you've walked (as well as the number of steps you've taken – I could never really see the scope of that as a stand-alone metric) and the speed at which you walked, the calories you burned and, if you so desire, you can even take pictures as you walk with its built-in camera. Oh, and a little bonus mid stroll: you can now use Apple Pay, which lets you buy your Starbucks coffee by simply holding your watch up to the card reader. The only irritant? When it started ringing with calls while I was walking, which killed the vibe.

★★★★

### **Pedometer**

A great classic (if you don't mind looking like you're on nursing duty).

★★★★★

### **Apple Watch**

C'mon, it buys you a round of drinks with the flick of a wrist!

## *Apple Watch versus:* *StandApp*

We all know we need to stand up for our health. That's why last year, I invested in a stand-up desk and why I've been using an app called StandApp that reminds me to take breaks every hour. The problem is that I'm rarely at my desk; I'm usually sitting in a meeting. The Apple Watch, however, besides reminding you to move for a minute every hour, collates all that standing throughout the day on its Activity app, with colourful concentric rings that light up to indicate your progress. What you want is for those rings to have done 360° by the end of the day – and when they do, you get a virtual high five.

★★★★

### **StandApp**

A great cheap option, but only works if you're at your desk.

★★★★★★

### **Apple Watch**

Its bigger-picture focus on standing is smart and serious.



*Nerd magnet*





## The Apple Watch buys you drinks with a flick of the wrist

### Apple Watch versus: Fitbit

So the other app that Apple has sweated over is its Workout app, which you download directly to the device. Depending on what you're doing – outdoor run, indoor cycle – it'll track your calories, distance, you name it. But, I hear you say, Fitbits do pretty much the same thing and many have a built-in GPS system (you have to take your iPhone with you for this to work on the Apple Watch, which is kind of boring) and a longer battery life (the Fitbit Surge lasts up to seven days; my Apple Watch is done within 18 hours). Apple Watch has the potential to be a better health tracking device in the future, but it all depends on the development of new apps. Things like the Fitbit Surge are ready to go. That said, I can play music on my Apple Watch through iTunes, so in my book, that's a big bonus.

★★★★★

#### Fitbit

Dependable and reliable. Loses a point for a primitive screen.

★★★★★

#### Apple Watch

Does the job, but the short battery life isn't great when it goes dead mid-burpee.

### Apple Watch versus: Heart-rate monitor

Like most people I know who are of average fitness, I only really use a heart-rate monitor when I'm doing Hiit training. I find those elasticated belts you have to slip under your breast bone annoying and besides, they never really give a consistent reading. The Apple Watch has an optical heart-rate monitor, which uses infrared technology to measure your pulse. Some say it's inaccurate, but I tested it against my heart-rate monitor and they had almost identical readings. You can buy heart-rate monitors that slip on your wrist, but I've yet to find one that stays put like the Apple Watch – or looks as sleek.

★★★★★

#### Heart monitor

Old faithful, but marks struck off for that elasticated strap thing.

★★★★★

#### Apple Watch

Only marginally better and the extra mark is for the comfort.

**The final verdict:** Here's the thing... the Apple Watch is way more than a watch, and substantially more than your classic fitness device. Will it make you healthier? Yes. But it'll also make you more stylish. Can't ask for more than that.

## GO-GO GADGETS *If you're not over wearables yet, satisfy your inner nerd with these nifty devices*



#### For the office:

Lumo Lift, £79.95

Whether you're sat at a desk all day or running around between meetings, the likelihood is your posture cops it. With this gadget, you clip the small sensor to your bra, and every time you slump, it buzzes to remind you to sit or stand tall, meerkat-style.



#### For the gym:

Atlas Wristband, £161

If you're focused on #girlgains at the gym, you'll need to keep track. This genius bit of kit not only counts your reps, but also identifies the specific exercise you're doing and even the kilos you're lifting, then sends all the information to your phone.



#### For the commute:

Bellabeat Leaf, £83

It's pretty, and it's not lacking in smarts either. This pendant tracks your stats across the board – from sleep to ovulation – and gives you tips on how to improve them. For example, if you're breathing too fast, it offers respiratory exercises.



#### For the beach:

Spinali bikini, £107

French swimwear brand Spinali has launched a custom-made bikini complete with a built-in UV sensor that alerts you, via your smartphone, when you're about to burn. You tell the app what your skin type is and it will remind you to slather on more sunscreen. **WH**



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\*Instrumental test. Olia Carmin-R technology vs. previous Garnier red technology.  
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A LITTLE LIKE  
A MEDIEVAL  
TORTURE DEVICE.  
EAT ARLA PROTEIN  
& STAY STRONG,  
GYM-GOERS  
OF BRITAIN.**

**#STAYSTRONG**



let in the  
goodness





# EAT SMART

✦ THE LATEST NUTRITIONAL KNOW-HOW FOR A BETTER BODY ✦

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How one woman took scratch cooking to the max

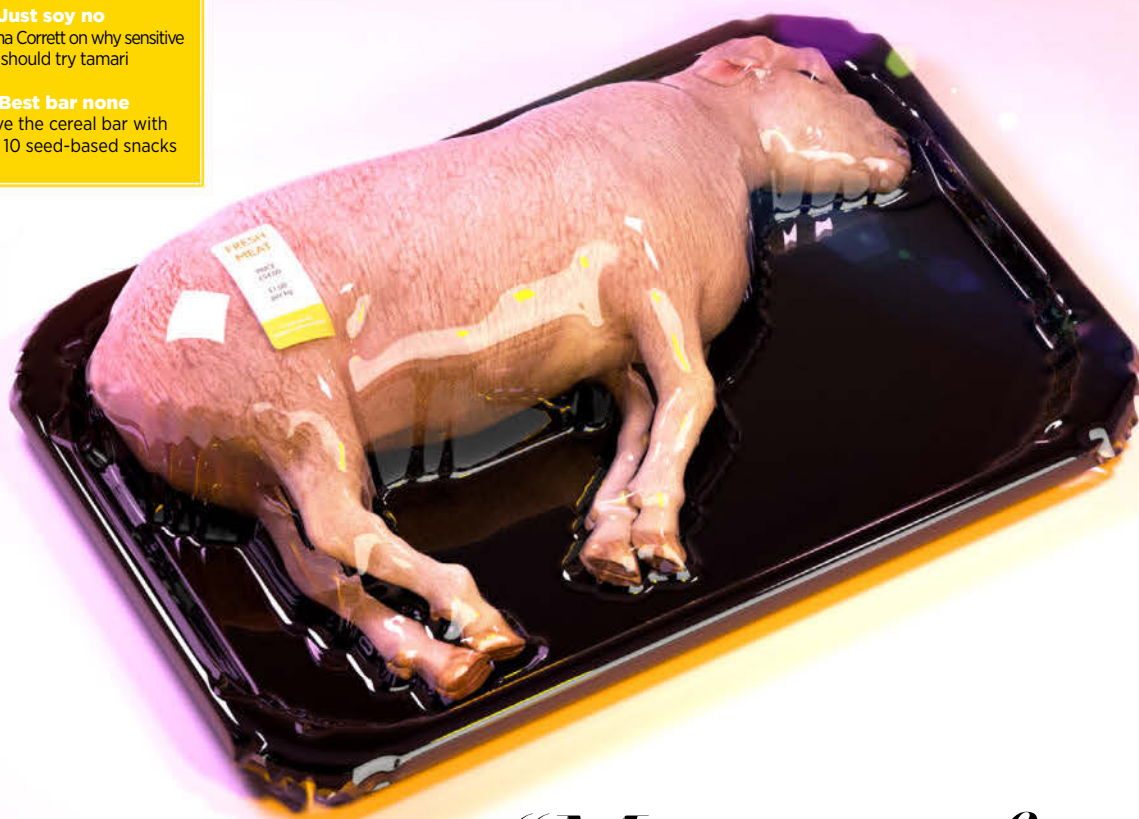
### p49 Just soy no

Natasha Corrett on why sensitive types should try tamari

### p50 Best bar none

Swerve the cereal bar with these 10 seed-based snacks

*Silence of the lamb*



## *“My year of UNPROCESSED eating”*

*Meet the woman who proved there's more to life than packaged food, sliced bread and shop-bought chocolate*

WORDS MEGAN KIMBLE





**T**

here I am,  
standing  
in the  
supermarket,

holding every bar of chocolate they sell, panic rising in my stomach. Not because of the sheer enormity of choice, but because every bar contains not only refined cane sugar, but also soy lecithin – an emulsifier chemically extracted from soybean oil. That’s a problem for me, because a little over a week ago, I’d set myself a challenge: to go one whole year without eating processed food. (And by processed food I mean, if I couldn’t theoretically make it in my own kitchen – then it was processed. So no soy lecithin.)

Instead, I grab a container of unsweetened cacao powder and a block of butter – if I can’t have chocolate, then I’ll just have to make it.

I stopped eating processed food for many reasons. There was the environment – in a warming world with increasingly scarce natural resources, eating blueberries shipped from Chile seemed a bit irresponsible. There were economic reasons, too, as I considered the influence wielded by the £810billion processed food industry worldwide. And of course, there was my health. After dieting for nearly a decade, I wanted to reboot my relationship with food – to stop scanning nutrition

labels for sums of fat, calories or carbohydrates and instead focus on the food itself. I was sick of reducing meals to their component nutrients, I wanted to see food as more than the sum of its parts. (And besides, what exactly’s happened to cereal that’s both low-carb and sugar-free?)

It’s worth mentioning, too, that all of those additives that make fake foods taste real wreaked havoc on my digestion. I only realised it after I stopped eating them – that my finicky stomach







Beekeeping

was only responding to what I was feeding it. Once I started eating real food, my digestive issues all but disappeared.

So, what is it that makes food processed? Most food is processed, at least to some degree – cooking is a kind of process, as is milling and fermenting. Processing food isn't always a bad thing. Think of those early humans who figured out how to make bread from grain or cheese from milk. So I decided food was unprocessed if I could trace its journey from its source to my plate. I milled wheat berries

into wholegrain flour, collected honey with a local beekeeper, joined a community-supported agriculture programme, and even helped to slaughter, butcher and process a sheep. What I didn't do was eat refined flour or sugar, additives or preservatives, conventionally grown produce or industrially produced meat.

Because here's the thing: what we give up in exchange for convenience and stability is nutrition. The more that is done to a food between harvest and eating, the fewer of its

original nutrients it retains. Refined white flour, for example, has so much less protein, fibre, calcium, vitamin B, iron and folic acid than wholewheat flour that, in 1956, the UK government passed a law that requires millers to add most of these nutrients back into flour, producing the deceptively named "enriched flour". Processed foods are also engineered to be so scrumptiously addictive – they're designed, on purpose, to keep you coming back, bite after bite.

The prevailing narrative is that wholefoods cost more than their processed counterparts, but that's simply not true. When I stopped eating processed food, I was a graduate student earning around £12,000 a year, living in a small apartment with a tiny, understocked kitchen – when my experiment began, I didn't yet own a vegetable peeler. Overspending time and money on unprocessed food simply wasn't an option.

According to a study by the US Department of Agriculture, on average, fruits and vegetables cost 31c (20p) per portion, while less healthy – more processed – snack foods cost 33c (22p) per portion. It's the basic premise of value-added – we will pay more for a watermelon that is nicely cubed and portioned into a to-go container than for one we have to cut up ourselves at home.

Not to mention the fact that unprocessed foods are more filling. When I was dieting, I used to make brownies with fake sugar

**The additives  
that make  
fake food  
taste real  
wreak havoc  
on digestion**



and margarine and demolish three or four before I really felt full. Compare that to savouring one brownie made with wholegrain flour, raw honey and real butter. Now, which would you rather eat?

It was a lesson I had to teach myself again and again. After years of subsisting on low-carb bread and low-fat cheese, I had to learn that whole foods filled me up differently. The first time I successfully made bread with freshly milled grains, I ate the whole loaf within 24 hours – and suffered the stomach ache that resulted from eating so much dense, real food.

During my year unprocessed, I didn't lose weight – I didn't really need to, my 6ft 1in frame having started the year at 75kg. But I also didn't gain weight, despite eating a lot of amazing, filling, rich food. It was a revelation to realise that, within the constraints of unprocessed, I could stay slim while eating whatever I wanted. That included chocolate. I finally figured out how to make my own a month after my supermarket meltdown. It's a surprisingly straightforward endeavour that involves simply melting cacao butter (not cow's butter, as I learnt), adding cacao powder and honey, and adjusting the temperature a couple of times.

I also made my own almond milk, which is easy (basically, you soak, blend and strain almonds) as well as delicious and surprisingly filling. While I went through a phase of milling my own grains to make bread, I finally decided that my time could be better spent in other

ways, with other foods – there are plenty of bakeries that sell delicious wholegrain bread, better than I could ever make. It's not cheating – it's all a matter of balancing the time spent creating my own unprocessed versions of foods versus the most natural unprocessed equivalents I can find elsewhere.

I could eat  
whatever  
I wanted and  
still stay slim

Indeed, most of the changes I made were small adjustments, incremental steps back towards the source of my food. Today, more than three years later, about 90% of the food I eat is unprocessed. I feel better, fuller and more fulfilled. But still, it's sometimes nice to be able to buy a chocolate bar at the shop. **WH**

Wheat loaf



## THINK IT'S UNPROCESSED?

*Think again. These foods come with unwanted baggage*

### Wholegrain:

Not necessarily unprocessed. It could still contain refined flours and sugar in the form of brown rice syrup or high fructose corn syrup.

### Fruit and nut mix:

These pre-packaged fruit and nut medleys may seem like the perfect snack, but they're usually doused in oil and sugar, and packed with preservatives and anti-caking chemicals.

### Milled flaxseed:

May contain maltodextrin, a product made from starch, used to give foods a smooth texture. Marinades, mustards, marinara sauce... all guilty.





# For light little gatherings

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here's to  
good  
times

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**light**

the sparkling juice drink



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[www.sanex.co.uk](http://www.sanex.co.uk)

\*97% of 32 daily body lotion users.

**NEW**



**Keeps skin healthy**





**WTF do  
you do  
with...**

# TAMARI

*Richer, deeper and kinder to sensitive stomachs – just a few reasons to sub your soy sauce for this oriental option*



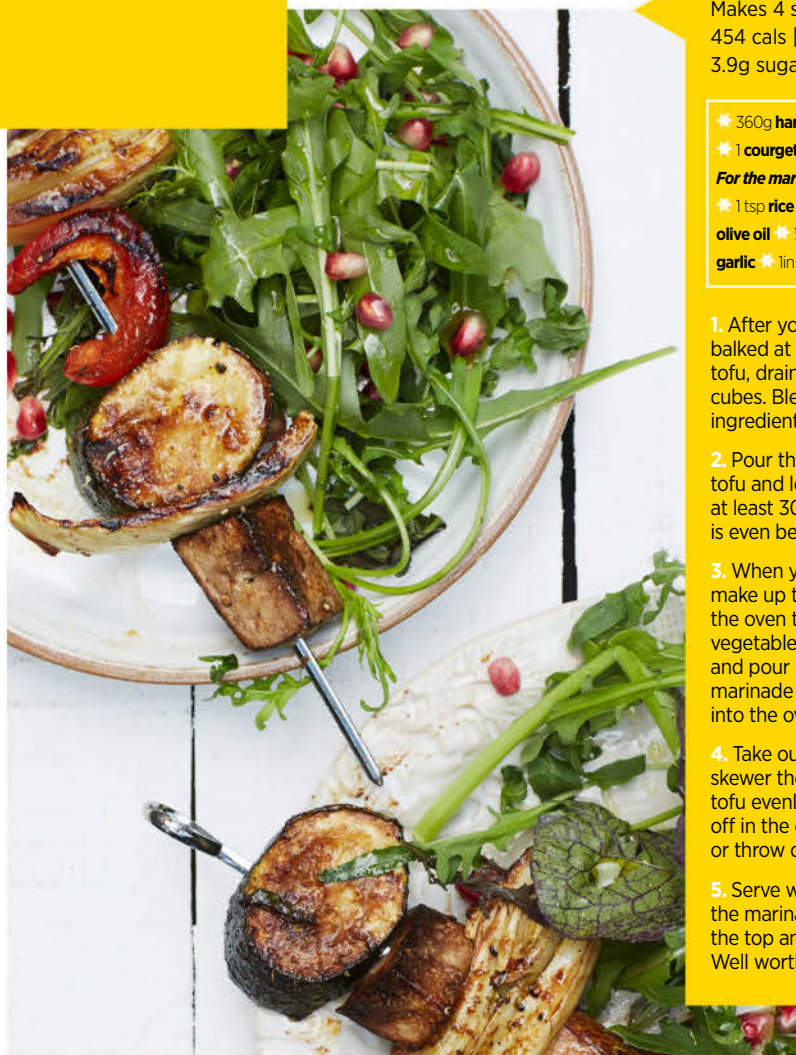
**Who:** Natasha Corrett  
**You'll know her...** as the queen of alkaline cooking. She's also the co-author of Victoria Beckham's favourite cookbook series (no mean feat), *Honestly Healthy*, and founder of the company of the same name<sup>1</sup>.

## Tamari tofu skewers

Makes 4 skewers to serve 2 |  
454 cals | 4.2g sat fat |  
3.9g sugar | 60 mins

★ 360g **hard tofu** ★ 1 **leek**  
★ 1 **courgette** ★ 1 **fennel bulb**  
**For the marinade:** ★ 60ml **tamari**  
★ 1 tsp **rice wine vinegar** ★ 2 **tblsp**  
**olive oil** ★ ½ **lemon** ★ 1 **clove**  
**garlic** ★ 1in **fresh ginger**

1. After you've momentarily balked at the texture of raw tofu, drain it and cut it into 1in cubes. Blend all the marinade ingredients until smooth.
2. Pour the mixture over the tofu and leave to marinate for at least 30 mins, but overnight is even better for max flavour.
3. When you're ready to make up the skewers, preheat the oven to 180°C. Chop the vegetables into 1-2in chunks and pour 3 **tblsp** of the marinade over the top. Put into the oven for 15 mins.
4. Take out of the oven and skewer the vegetables and tofu evenly. Either finish them off in the oven for 10 mins or throw on the barbecue.
5. Serve with the rest of the marinade poured over the top and a fresh salad. Well worth the wait. **WH**



If you've put gluten on the blacklist, you'll know all too well that it's a sneaky little substance that crops up in unexpected places – soy sauce being a case in point. So say hello to tamari, which contains little to no gluten (always check the label).

This Japanese sauce offers a lot more than an opportunity to dodge the G-word, though. It's rich and naturally salty, but with a little less bite than soy sauce, which means it's lovely in a light salad dressing. Plus I use it in both soups and stews as an alternative to salt.

For summer, tamari makes the perfect marinade for kebabs. Here, I've rustled them up with tofu – a low-calorie source of protein and omega-3s – but you can use meat instead if you prefer. The longer you leave the tofu to sit in the dressing, the more flavoursome the dish will become. Pop your skewers on the barbecue for the perfect chargrilled finish. Now all you need is some sunshine and someone to enjoy it with.

## THREE TASTY WAYS WITH TAMARI

### 1 Rice cakes

Tamari, black sesame and a trace of sea salt – they're dangerously moreish. **Clearspring Organic Wholegrain Rice Cakes, £2.25\***



### 2 Apricot kernels

Tamari goes surprisingly well with apricots. A desk-drawer essential. **Tropical Wholefoods Tamari Soya Roasted Apricot Kernels, 95p\***



### 3 Salad dressing

I make a drizzle by mixing 2 **tblsp** tamari, 4 **tblsp** olive oil and 1 **tblsp** raw honey. Easy. **Meridian Natural Tamari Soy Sauce, £1.99\***



**Perfect  
10**

# SEED BARS

*The latest stage in our ever-evolving snack obsession involves these nutrient-dense, protein-packed handbag heroes*

WORDS JESSICA POWELL

Seed bars are the LBD of gastronomy – perfect for every occasion and brilliant at getting you out of a last-minute fix. Whether time's too short to make breakfast, you need an energy burst before the gym or you're searching for a healthy treat to enjoy with your brew, there's always one that'll hit the spot. Anna Halliday – founder of hot brunch spot Hallys in London's Parsons Green and its new healthy spin-off Little H ([hallyslondon.com](http://hallyslondon.com)) – has created these exclusive recipes, so you never have to reach for a sub-standard cereal bar again. Do your best not to scoff them all in one sitting.

Reap what you sow: cross-check these bars' USPs

Energy lifting | Antioxidant upping | Skin boosting | Appetite stalling | Heart hero | Libido boosting

1



## SUNFLOWER POWER BAR

Makes 24 bars | 188 cals | 3g sat fat | 6g sugar | 20 mins

135g hazelnuts ★ 135g almonds ★ 50g sunflower seeds ★  
70g rolled oats ★ 5 medjool dates, pitted, soaked ★ 70g  
Brazil nuts ★ 55g pumpkin seeds ★ 55g sesame seeds ★  
2 tbsp tahini ★ 2 tbsp quinoa puffs ★ 3 tbsp coconut oil ★  
3 tbsp honey ★ 2 tbsp maca powder ★ 90g goji berries

Set your oven to 100°C and dust off your food processor. Put the hazelnuts and almonds in the oven for 2 mins, adding the sunflower seeds midway. Blitz the oats, dates, nuts and seeds. Add to a bowl with the rest of the ingredients. Mix by hand then press onto a tray. Freeze for 1 hour.

**Top seed:** Research<sup>1</sup> found goji berries speed up recovery from sunburn by reducing inflammation.

5



## CHIA UP, COCONUT BAR

Makes 16 bars | 229 cals | 6.4g sat fat | 8g sugar | 10 mins

160g medjool dates, pitted ★ 150g desiccated coconut ★ 175g  
blanched almonds ★ 60g macadamias ★ 60g walnuts ★  
2 tbsp pumpkin seeds ★ 1 tbsp chia seeds ★ 1 tbsp wheatgrass  
powder ★ ½ tsp vanilla extract ★ ½ tsp matcha powder

Go ahead and throw all the ingredients in a food processor and mix until they form a dough. Line a tray, press the mixture in, smoothing over the surface. Sprinkle on the coconut. Freeze, cut into squares, store in mouth... sorry, fridge.

**Top seed:** Compared with normal green tea, matcha has as much as 137 times the concentration of EGCG – a powerful antioxidant. And you don't even have to faff about with the kettle.

6



## GO ON, MACA-MY-NIGHT BAR

Makes 10 bars | 370 cals | 7.5g sat fat | 7.2g sugar | 20 mins

100g ground almonds ★ 100g sunflower seeds ★ 100g  
flax meal ★ 100g pumpkin seeds ★ 2 tbsp chia seeds  
★ 2 tbsp maca powder ★ 90ml maple syrup ★ 60ml  
coconut oil ★ 75g almond butter ★ ½ tsp sea salt

Place the dry ingredients in a bowl. Put the wet ones in a pan on a low heat until melted, mixing well. Add to the dry mix. Line an 8x8in pan with baking paper. Spread in the mixture and pack down tight. Place in the fridge for an hour to set. Behold your chilled, slightly unsexy aphrodisiac.

**Top seed:** Research from Northumbria University has shown that maca can up male sex drive. At worst, he'll have the energy to do the washing up.

7



## HUNGER-BUSTING BUTTER BAR

Makes 10 bars | 187 cals | 0.7g sat fat | 13.6g sugar | 10 mins

140g rolled oats ★ 115g almond butter ★ 8 medjool dates,  
pitted ★ 2 tbsp chia seeds ★ 2 tbsp flax meal ★ 60ml water

Grind the oats in a food processor. Add the remaining ingredients and mix to form a dough. Line an 8x8in pan with parchment, put the mixture in and press down. Chill in the fridge for about an hour, then cut. Job's a good 'un.

**Top seed:** Scoffing one of these could make you eat more healthily for the rest of the day: fact. A study published in the *European Journal of Nutrition* found that a mid-morning snack of almonds increases satiety and, in turn, lets you make healthier food choices. Magic.





2

**LET'S-MAKE-A-DATE BAR**

Makes 10 bars | 229 cals | 5g sat fat | 20g sugar | 20 mins

12 **medjool dates**, pitted ★ 200g **chia seeds** ★ 1 tsp **raw cacao powder** ★ 2 tsp **cacao nibs** ★ 4 tbsp **coconut oil**

Pulse the dates in a processor until they form a paste. Mix in a bowl with the chia seeds, cacao, nibs and oil to form a thick dough. Press into the bottom of a 9x9in baking tray and cut into squares. Eat immediately for a more doughy treat or put in the freezer for 1 hour for a chewier texture. Oh, you've eaten them all already? Never mind.

**Top seed:** The dates pack a slow-release carb punch to fuel you through your weights session. Plus, they contain vitamin B6, which helps regulate mood, so you'll sweat happy.

3

**YOU-LOOK-SOY-GOOD BAR**

Makes 10 bars | 335 cals | 4.1g sat fat | 2g sugar | 20 mins†

100g **sesame seeds** ★ 200g each **sunflower** and **pumpkin seeds** ★ 50g **flaxseeds** ★ 3 tbsp **dark soy** or **tamari sauce** ★ 2 tbsp **olive oil** ★ 2 tbsp **honey** ★ 1 tbsp **wheatgerm**

Preheat the oven to 200°C. Put the seeds in a bowl and stir in the soy and oil. Spread on a tray and toast in the oven at 200°C for 5-10 mins, until the pumpkin seeds are puffed. Leave to cool. Combine in a bowl with the honey and wheatgerm. Line a 9x9in baking tray, put the mixture in and smooth down. Freeze, slice... you know the drill.

**Top seed:** Wheatgerm is a good source of vitamin E, which can boost immunity and keep skin and eyes healthy. Essentially: eat this and glow.

4

**SUPERCARGE-ME SPIRULINA BAR**

Makes 15 bars | 244 cals | 6.3g sat fat | 3.3g sugar | 10 mins†

400g **sesame seeds** ★ 100g **ground almonds** ★ 5 tbsp **raw honey** ★ 5 tbsp **coconut oil** ★ 4 tbsp **spirulina**

These are by far the easiest of the lot. Combine all ingredients in a bowl (setting aside some seeds for decoration), then spread firmly onto a small, lined baking tray. Scatter the remaining seeds on top and press in. Freeze for 1 hour and cut into squares. Stand back and admire your handiwork.

**Top seed:** Sesame seeds are packed with magnesium – crucial for your body's ability to turn food into energy. Teamed with the iron-rich spirulina, you've got a fatigue-fighting powerhouse ready for when your flatline come 4pm.

8

**FLAX-YOUR-MUSCLES BAR**

Makes 15 bars | 150 cals | 4g sat fat | 8g sugar | 10 mins†

65g **flax meal** ★ 65g **hemp seed powder** (or hemp protein) ★ 140g **rolled oats** ★ 175g **cranberries** ★ 115ml **coconut milk** ★ 115g unsalted **peanut butter** ★ 175ml **maple syrup** ★ 1 tsp **vanilla extract**

Mix the dry stuff and chuck in a food processor. Stir the wet stuff in a bowl. Now combine wet and dry to become one happy family. Line a 9x12in baking dish with baking paper and spread the mixture evenly. Leave in the fridge overnight to set, then slice. No midnight snacking – sorry!

**Top seed:** Both flax and hemp seeds are bursting with omega-3, which a *Clinical Science* UK study found increased muscle-protein levels. Hello, guns.

9

**CHOC-AWAY ENERGY BAR**

Makes 14 bars | 416 cals | 14.7g sat fat | 15.5g sugar | 20 mins†

400g **sesame seeds** ★ 175g **raisins** ★ 50g dried, **shredded coconut** ★ 65g **flax meal** ★ 115g **tahini** ★ 115g **coconut oil** ★ 120ml **maple syrup** ★ 1 tsp **vanilla extract** ★ ¼ tsp **sea salt** ★ **For the topping:** 2 tbsp each **coconut oil**, **maple syrup** and **raw cacao**

Mix all dry ingredients in a bowl, then fold in the rest. Press all that into a rectangular tray. Cover and freeze for 1 hour, cut into slices. For the topping, melt the oil and syrup in a pan, add the cacao and mix until a thick liquid forms. Dip half of each bar in the chocolate. Cool then refrigerate for 1 hour.

**Top seed:** Epicatechin, a compound in cacao, can up energy levels as much as exercise. The possibilities!

10

**HEARTY BREAKFAST BAR**

Makes 6 bars | 350 cals | 4g sat fat | 8g sugar | 45 mins

140g **rolled oats** ★ 50g **sunflower seeds** ★ 100g **pumpkin seeds** ★ 30g each **almonds** and **walnuts**, chopped ★ 50g **dried cherries**, chopped ★ 3 ripe **bananas** ★ 1 tsp **vanilla extract** ★ ½ tsp **salt** ★ ½ tsp **cinnamon**

Preheat oven to 180°C. Grease a 9x9in baking tray. In a large bowl, mix the oats, seeds, nuts and dried fruit. Blend the bananas, vanilla, salt and cinnamon until smooth. Pour the purée into the oat mixture, stir and press into the tray. Bake for 30 mins, until lightly browned on the edges. Cool, then slice.

**Top seed:** Start the day with one of these to keep your ticker in tip-top condition. A study\* found that the oil in walnuts reduces risk of heart disease. **WH**

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# TAKE YOUR HAIR TO PARADISE







# GOOD LOOKS

✦ SIMPLE CHANGES, GORGEOUS RESULTS ✦

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Freaky ways fragrance can affect your life

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Fitspo's stars wear this season's latest kit

### **p71 Flawless finish**

Our edit of the 10 top skin perfectors



## *The* SCENTS *of* SELF

*Big brands know one thing you don't – scent influences our every emotion. Take back the power and use it to your advantage*

WORDS AMY LAWRENSEN  
ILLUSTRATIONS MACIEJ FROLOW

*Shopping  
spray*





**L**et's imagine a scenario for a minute. You're faced with two identical rooms, in each sits an identical pair of trainers. You go in, examine the kicks, then leave the room. Next something very odd happens. You have an overwhelming desire for one pair of trainers, despite both being exactly the same. This is what happened in a landmark study conducted more than 20 years ago by Dr Alan Hirsch, director of The Smell and Taste Foundation. In fact, 84% of subjects were drawn to one pair over the other. Why? The room that elicited the positive response was pumped with a subtle floral scent – so subtle that many participants couldn't actually detect it, they just "liked the shoes in that room better". And, even more astonishingly, of those 84% of volunteers, all said they would pay almost £7 more for them.

If this seems the stuff of science labs alone, take note. Walk down any high street today and you'll find almost all of its stores are scented – H&M, Zara, Karen Millen and Timberland all invest in what is known as 'olfactive branding'. A million-pound business, it's essentially a form of marketing, where a brand will create a signature scent to strengthen its connection with the customer.

"Traditionally, brands have used different types of marketing – music, visuals and digital – but the addition of scent is becoming just as mainstream, and for good reason," says Christopher Pratt, managing director at ScentAir UK, who provide scents for the likes of Oasis and Hamleys as well as Marriott Hotels. It's not just stores and hotels – airports, car brands and even international shows like Art Basel

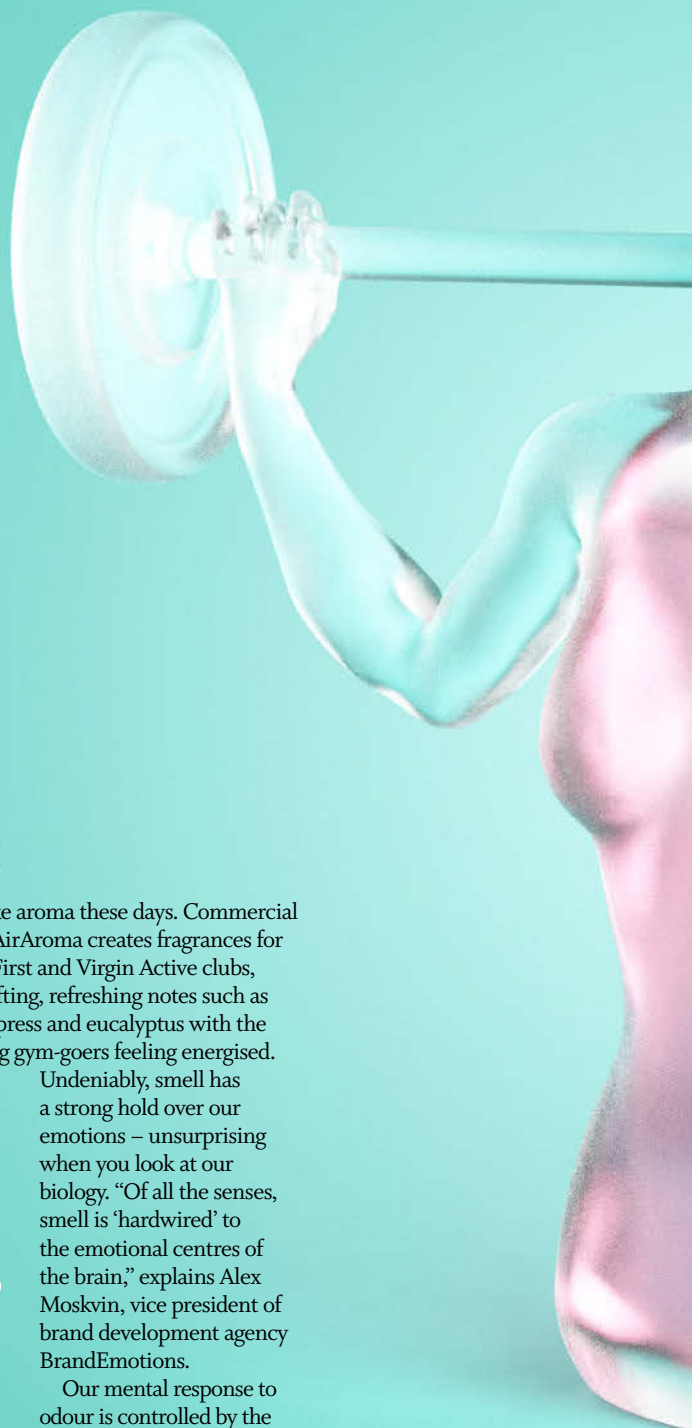
## The sense of smell is hardwired to emotions

have a bespoke aroma these days. Commercial scent maker AirAroma creates fragrances for both Fitness First and Virgin Active clubs, blending uplifting, refreshing notes such as mandarin, cypress and eucalyptus with the aim of keeping gym-goers feeling energised.

Undeniably, smell has a strong hold over our emotions – unsurprising when you look at our biology. "Of all the senses, smell is 'hardwired' to the emotional centres of the brain," explains Alex Moskvina, vice president of brand development agency BrandEmotions.

Our mental response to odour is controlled by the limbic system, which is also accountable for our emotions, sexual arousal and perceptions of space. It's also the reason why we all have different scents we love, we hate and to which we are apathetic. (Interestingly, babies develop their sense of smell around 30 weeks in the womb – in stark contrast to our sight, which is the least developed at birth.) And, according to the Sense of Smell Institute, our sight keeps playing catch-up – adults can recall smells with 65% accuracy after a year, in contrast to only 50% of visuals after three months.

*Raise the barbell*







But despite individual preferences, businesses are prepared to pay for companies versed in olfactive branding to create a signature scent. This bespoke concoction is then subtly diffused into the brand's – and, ultimately, our – space via air conditioning. None of this is looking to conjure up past memories of course, but rather to forge a familiar relationship going forward. “[Brands] ideally want to drive sales, but also to enhance the experience and to deepen the connection between the customer and the store,” Pratt says. “A more pleasurable experience encourages people to return.”

Dr G Neil Martin, psychologist and programme director at Regent's University London, believes there's huge potential in the area of odour and branding, but feels much research falls short. The studies Martin gives credence to have found “that people do recall more about a product if it is accompanied by a pleasant scent and have been found to choose more items to buy on a shopping expedition if the scent is simple, rather than complex”.

Despite it being early days for real in-depth

studies into this area, it can't be denied that fragrance affects us on a deeper level than we realise. And there seems to be a subconscious relationship between smells and spending: Nike ran an experiment that showed adding scent to its stores boosted customers' intent to purchase by 80%; in another study, a petrol station with a café on site pumped out a coffee aroma and saw drinks sales rise 300%.

What we have learnt from olfactive branding can be harnessed to improve your day-to-day life. Here's how to use it wherever you go...

**In the car:** Mercedes-Benz has been one of the first automotive companies to embrace olfactive branding, producing five distinct aromas for consumers to choose from in their S- and C-Class models to create a luxury environment. Martin found in one of his studies that the scent of lemons was “associated with better intermediate and difficult driving performance... Braking performance was also improved significantly”. Try Rituals Life is a Journey Car Perfume in Clary Sage, £10\* – it is activated by your car's fan system and has a hint of lemon. Zesty.

**At the gym:** Want to work smarter at the gym? Sniff some jasmine. A study by Hirsch showed subjects improved their bowling performance by 26.5% when they wore masks scented with jasmine compared with masks that were odourless. If you're taking a skills-based class at the gym where accuracy is key (think martial arts or boxing), then spritz The Library of Fragrance Jasmine EDT, £15\*, before your session. Runner in training? Try mint. A study published in the *North American Journal of Psychology* found subjects who inhaled a peppermint scent while running for 15 minutes felt less fatigued and more positive about their performance than those who didn't. Lead author Dr Bryan Raudenbush concluded the mint probably cleared the runners' airways. They were more likely to run faster, too. Wear Jo Malone White Jasmine & Mint Cologne, £42\*.

**At home:** Estate agents will tell you that the scent of freshly brewed coffee or bread will have buyers queuing up to buy your house, but we've got news: fig is much better. Luxury housebuilder Millgate called on ScentAir to create an aroma for its show homes and found a direct correlation between scent (particularly



Work  
stinks

that of fig) and sales. Double-trick them with the aroma of apple in your smallest room. One of Hirsch's studies, published in the *Journal of Neurological and Orthopaedic Medicine and Surgery*, found the fruity aroma expanded the perceived size of a room. To effectively scent a large at-home space, Samantha Goldworm, business director at olfactive branding company 12:29, recommends using a diffuser, such as Muji Aroma Diffuser, £45, filling it with the essential oil of your choice.

**In the office:** A pleasant-smelling office has been linked to more efficiency in the workplace, with staff even setting themselves higher performance goals, according to a study published in the *Journal of Applied Psychology*. In a Japanese study by fragrance

brand Takasago, it was found that data entry errors decreased by 20% when lavender was diffused into the atmosphere, by 33% for jasmine and 54% with lemon. "The key thing, however, is habituation," Martin says. "Imagine going into an office for the first time: the aroma is noticeable, but within 10 minutes, you don't notice it – that is habituation." Basically, once someone gets used to a smell, it doesn't have the same effect. The study found that by changing aromas periodically, efficiency could be better maintained. Keep a room spray in your desk drawer and spritz the air when you feel yourself flagging. Try Marks & Spencer Citrus Infusion Room Spray, £6\*. Makes scents. **WH**

## BEST NEW SCENTS

*These mood-boosting perfumes have just hit shelves*



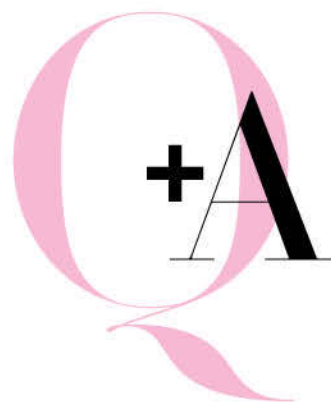
**At the gym**  
The jasmine in Jimmy Choo Illicit EDP, £78, will keep you focused.



**In the office**  
The citrus in Bronnley's Cosmic Bloom EDT, £35\*, will wake you up.



**At home**  
The sandalwood in Comme des Garçons Floriental, £62, will relax<sup>†</sup> you.



## Ask the expert

### The expert:

Bobbi Brown

**Who:** Make-up artist, founder and CCO of Bobbi Brown Cosmetics



### Q Body make-up: what is it and do I need it?

**A** It's essentially tinted body lotion and has become a behind-the-scenes staple at catwalk shows, photo shoots and red carpet events because it helps even out patches and ensures the face, neck and body all seamlessly match. It's not something you need to introduce into your daily routine, but it's great for special occasions. Look for tinted body bronzing gels and apply from the neck down like you would a moisturiser. If you've got any redness on your face, use a tinted moisturiser in your usual shade to diffuse it; blend down to the neck. Finally, shimmer over the décolletage, shins and arms will give you a healthy glow.

### Q What's the professional way to cover a spot?

**A** Begin by applying an oil-free moisturiser on your face and pat a little extra onto the breakout area, leaving for a couple of seconds to fully absorb. This gives you a smooth surface to work with. With a finger or a thin brush, cover spots with your normal foundation. (Don't make the common mistake of trying to hide a spot or blemish with a concealer as it will actually make it even more visible.) Use a light patting motion so you don't inadvertently remove coverage. Set it with a skin-tone correct powder on a cotton powder puff, making sure it matches your skin colour exactly. Then wipe off any excess with a soft brush.



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3.3M SOCIAL FOLLOWERS

1 GORGEOUS WH SHOOT

Meet the queens of the Lycra-clad selfie: Fitstagram's biggest star, Kayla Itsines (right) joins four more WH favourites to hand over photographic control and rock A/W 15's hottest sportswear trends

WORDS & STYLING CHARLIE LAMBROS  
PHOTOGRAPHY IAN HARRISON







# @CATMEFFAN

**NAME:** CAT MEFFAN **AGE:** 27  
**DAY JOB:** JEWELLERY DESIGNER **WEARS:** CAMO PRINTS

7

Workouts in a week.  
 I do resistance,  
 cardio and yoga

14.6k

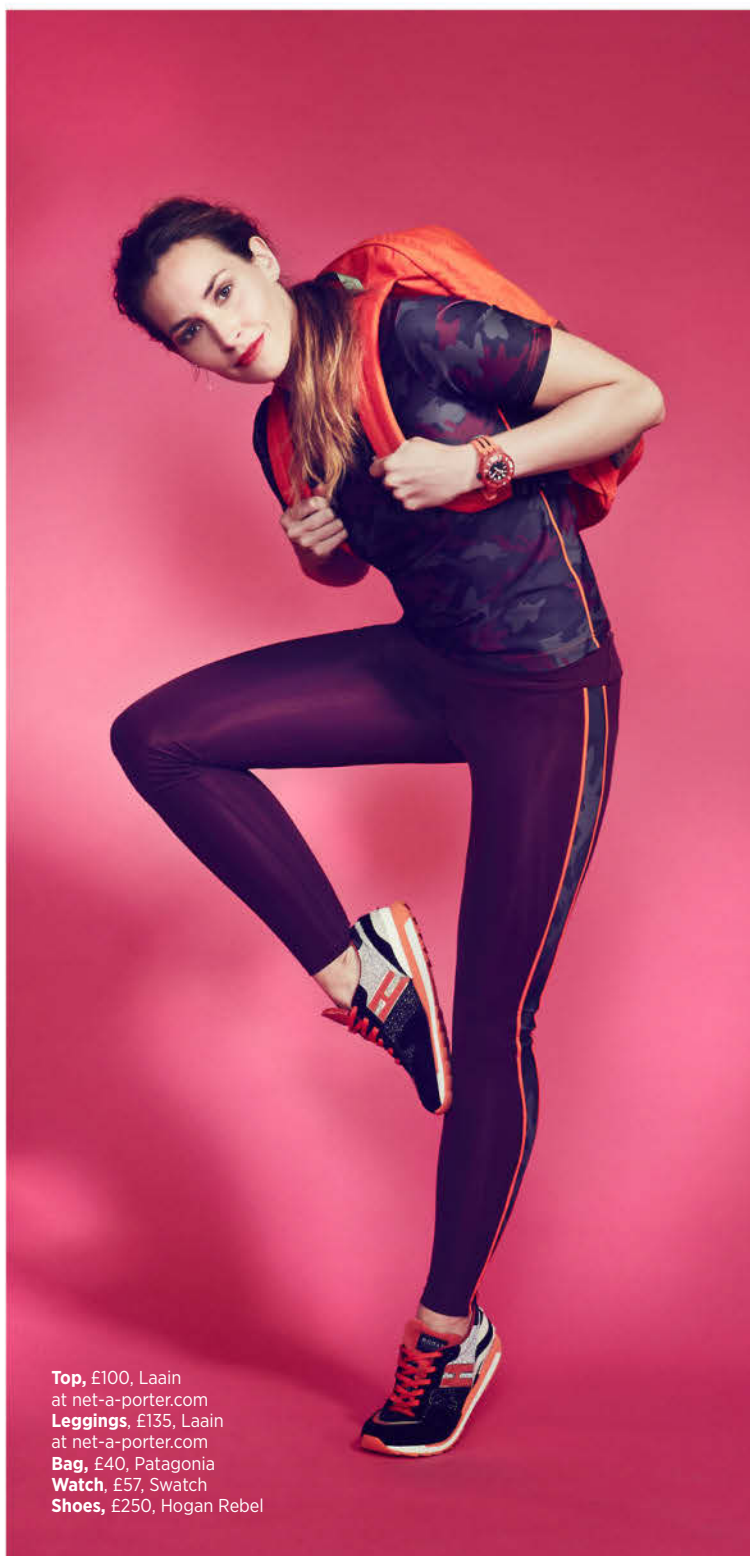
Instagram followers –  
 including former  
 WH cover star  
 Mille Mackintosh

0

Juices. I don't like  
 them – I'm a green  
 smoothie kinda gal

1

Cheat meal per  
 week – it's usually  
 a huge burger



**Top,** £100, Laain  
 at [net-a-porter.com](http://net-a-porter.com)  
**Leggings,** £135, Laain  
 at [net-a-porter.com](http://net-a-porter.com)  
**Bag,** £40, Patagonia  
**Watch,** £57, Swatch  
**Shoes,** £250, Hogan Rebel

17

Attempts it took to  
 perfect the scorpion  
 forearm stand

6

Yoga mats in my  
 house. My favourite  
 is a pink Liforme one

200

Hours I will spend  
 training to be a yoga  
 teacher this year

10

Years I practised  
 gymnastics. I started at  
 the ripe old age of four





# @FITNESSONTOAST

NAME: FAYA NILSSON AGE: 29  
DAY JOB: FITNESS TRAINER WEARS: AUTUMNAL HUES

2

Blog updates every  
week on my site  
[fitnessontoast.com](http://fitnessontoast.com)

62k

Instagram followers.  
Candice Swanepoel  
is one!

3

Instagram pics a day  
– that's enough

1,133

Most likes on an  
Instagram photo.  
FYI: it was of  
a fluffy bunny



15

Fitness retreats  
attended. The best?  
Balearic Bootcamp  
in Ibiza

25k

Page impressions a  
day on my healthy  
lifestyle blog

538

Pairs of trainers I own –  
I had to buy the flat next  
door to store them all!

8,493

Songs on my workout  
playlist. 'Beautiful  
Tomorrow' by Blue Six  
rocks my world

Vest, £70, NikeLab x JFS Collection  
Leggings, £127, We Are Handsome  
Watch, £130, Calvin Klein  
Bag, £35, Topshop  
Trainers, £270, Y-3





# @KAYLA\_ITSINES

NAME: KAYLA ITSINES AGE: 24  
DAY JOB: PT/FITNESS ICON WEARS: NUDE ACCENTS

6

Years since I qualified  
as a PT

121k

Likes on an Instagram for  
a picture of my Siberian  
huskies Ace and TJ

12

Weeks – when people  
post their final bikini-  
body transformation  
pics. I love seeing them.

10k

Women attended my  
world-tour boot camps earlier  
this year. Just amazing!

3.2m

Instagram followers,  
including Jessica Alba

28

Minutes – the time  
it takes to complete  
my workout



**Jacket**, £45, Topshop  
**Sports bra**, £60, Olympia  
Activewear at fashercise.com  
**Leggings**, £95, Olympia Activewear  
at fashercise.com  
**Watch**, £44.50, Swatch  
**Shoes**, £110, adidas by  
Stella McCartney





# @AJODUDU

**NAME:** AJ ODUDU **AGE:** 27  
**DAY JOB:** TV PRESENTER/DJ **WEARS:** CO'ORD PRINTS

## 3

Sets of 12 burpees. No matter what, I make sure I do these every day

## 23.6k

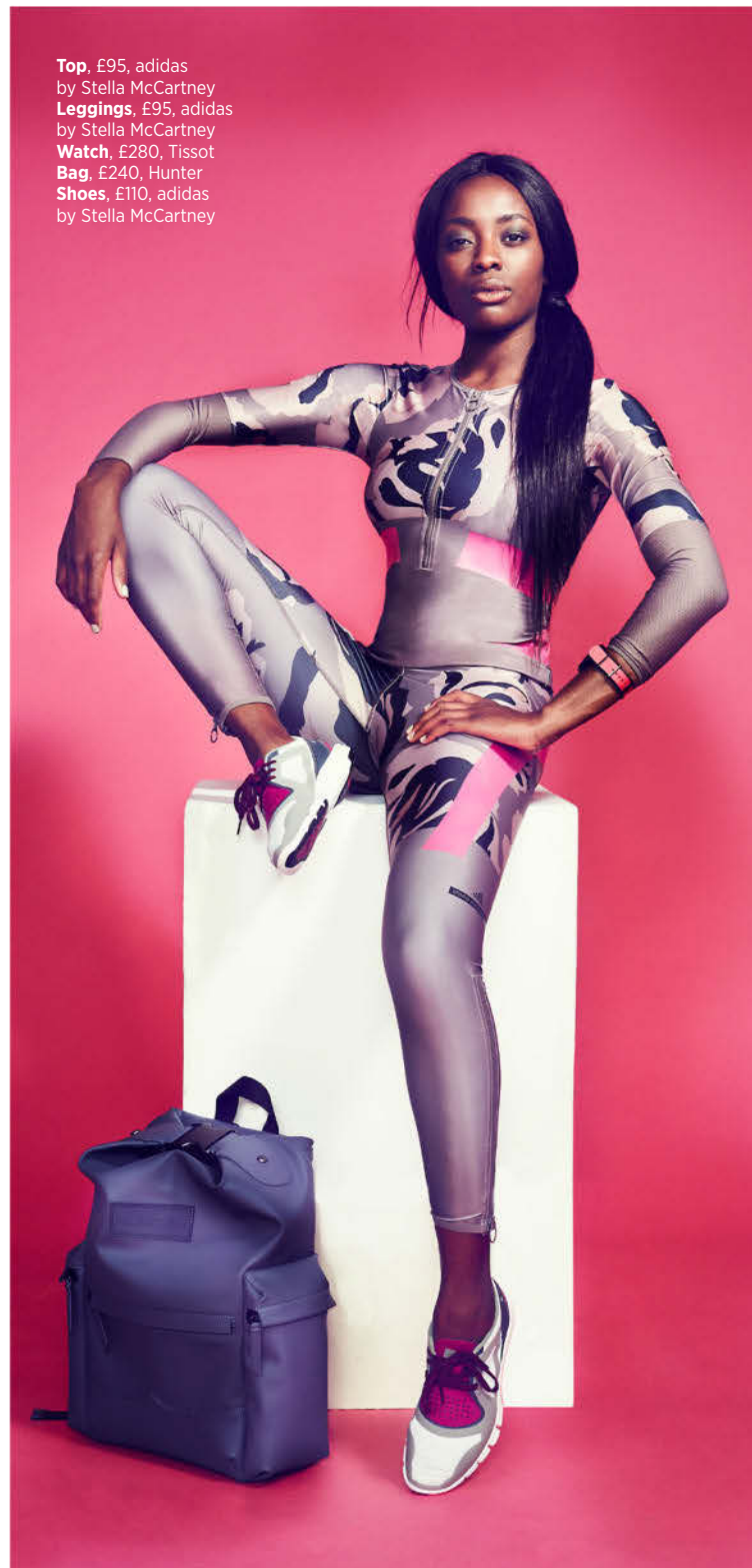
Followers on Twitter, including Dermot O'Leary

## 60

Minutes – the length of my strength sessions. I do three a week

## 35

Pairs of trainers littering my flat. I live in my adidas Pharrells



## 2

Seconds – the time it takes for one of my posts to get a like on Instagram

## 40

Different exercise classes tried so far – my favourite is BodyPump

## 5

Ingredients in my favourite smoothie – kale, spinach, coconut water, lettuce and banana





# @ZANNAVANDIJK

NAME: ZANNA VAN DIJK AGE: 23  
DAY JOB: PT/NUTRITION CONSULTANT  
WEARS: MONOCHROME

5

Workouts a week:  
four strength sessions  
and a short run

25

Different sports  
bras owned

1

Legendary Lothario  
training buddy – in the  
form of Calum Best

2

Posts a day on my blog –  
one recipe, one fitness post

10

Pull-ups – that's my goal.  
I can currently do three


2,900

Likes on a before-and-after post  
of me tensing my abs

100

The weight (in kilos)  
I can deadlift

5,947

Subscribers to my  
YouTube channel.  
And counting... 

**Jacket**, £375, Theory+  
**Bodysuit**, £185 Charli Cohen  
at [avenue32.com](http://avenue32.com)  
**Trousers**, £185, Juicy Couture  
**Headphones**, £99, Molami  
**Watch**, stylist's own





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LONDON



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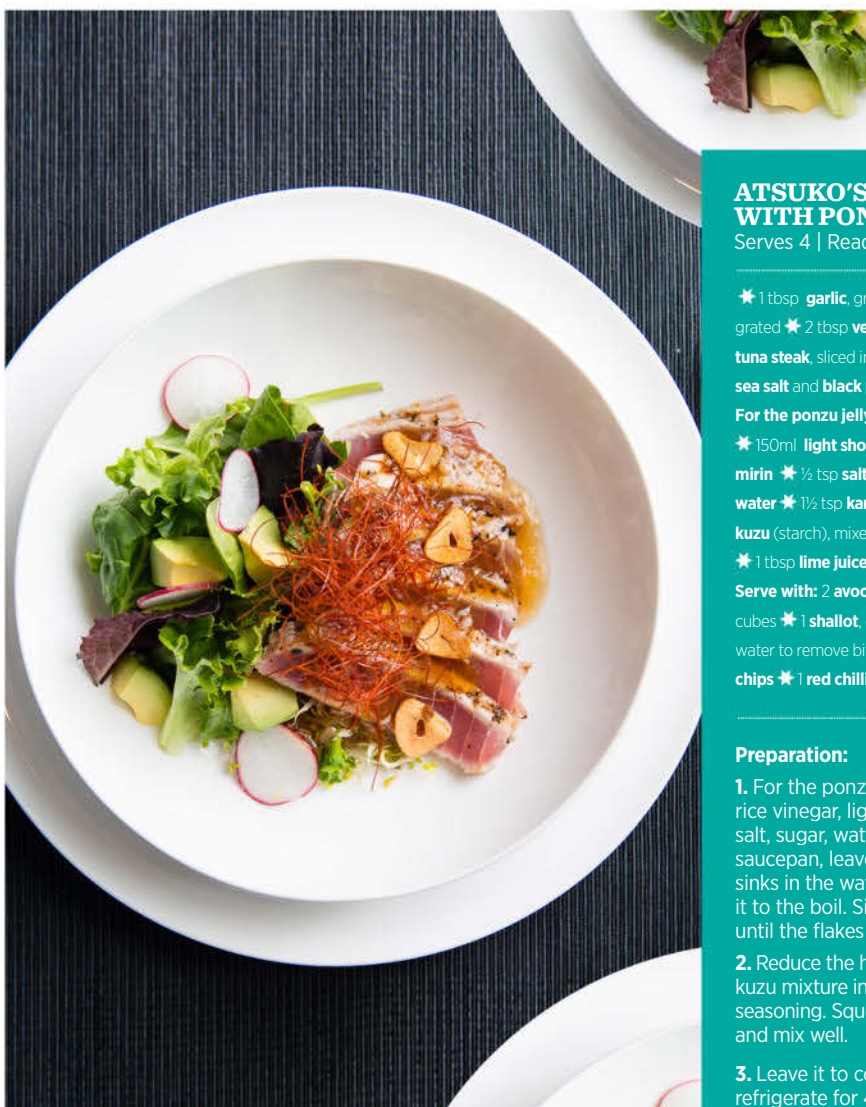
# COMFORT *EATING*

Chef Atsuko takes pride in her work, so she trusts in Scholl to keep her comfortable in the kitchen and ensure she never misses a step



**T**his impressive plate of tuna is one of the most popular dishes at London-based cookery school Atsuko's Kitchen, and it requires careful precision to get it right. Mid-preparation, Atsuko is on her feet and darting here and there to collect ingredients, check on the simmering jelly and sear the tuna to perfection. Her full concentration is required during the preparation process; therefore she needs to ensure her feet are not giving her a hard time. "A little extra cushioning from Scholl means my feet feel comfortable, and I can concentrate on creating my best work," Atsuko says as she serves up this delicious dish. It's time to tuck in!

**"Scholl insoles make me feel comfortable and supported, allowing me to stay on my feet all day"**



## ATSUKO'S TUNA TATAKI WITH PONZU JELLY

Serves 4 | Ready in 40 mins

★ 1 tbsp **garlic**, grated ★ 1 tbsp **ginger**, grated ★ 2 tbsp **vegetable oil** ★ 600g **tuna steak**, sliced into 2.5cm thick ★ pinch **sea salt** and **black pepper**  
**For the ponzu jelly:** ★ 50ml **rice vinegar** ★ 150ml **light shoyu** (soy sauce) ★ 50ml **mirin** ★ ½ tsp **salt** ★ 1 tsp **sugar** ★ 150ml **water** ★ 1½ tsp **kanten** (agar flakes) ★ 1 tbsp **kuzu** (starch), mixed with 1 tbsp **cold water** ★ 1 tbsp **lime juice** or **lemon juice**  
**Serve with:** 2 **avocados**, cut into 2cm square cubes ★ 1 **shallot**, chopped finely, soaked in water to remove bitterness ★ 2 tbsp **garlic chips** ★ 1 **red chilli pepper**, seeded, sliced

### Preparation:

1. For the ponzu jelly, put the rice vinegar, light shoyu, mirin, salt, sugar, water and kanten in a saucepan, leave until the kanten sinks in the water, then gently bring it to the boil. Simmer for 3-5 mins until the flakes dissolve.
2. Reduce the heat then pour the kuzu mixture in to thicken the seasoning. Squeeze in the lime juice and mix well.
3. Leave it to cool down then refrigerate for 40 mins to set.

### Method:

Mix the garlic, ginger paste and oil then spread onto the tuna steak. Season with salt & pepper. Heat a griddle pan to hot and sear the tuna for 1 minute each side (for rare). Cool the tuna steak down, then slice into strips. Place the cubed avocado and tuna on a plate, pour the ponzu jelly over the top then top with the shallot, garlic chips and chilli.

## BEST FOOT FORWARD

Scholl GelActiv Everyday insoles are designed for shock absorption to make you feel comfortable all day, while the GelActiv Work insoles offer lasting support and soften the impact when your feet hit the ground – great for long working days!

For the full range, visit [scholl.co.uk](http://scholl.co.uk)







Perfect  
10

# SKIN PERFECTORS

*As close as you'll get to filter-smooth results without Photoshop – our editor-approved collection of skin-finishing products*

WORDS AMY LAWRENSEN



**1/ Michael Kors Body Lotion, £35** A jet-set-chic lotion scented with white floral and creamy wood notes that leaves a subtle (read: pricey-looking) sheen on the skin.

**2/ Too Faced Candlelight Glow, £21** Forget contouring. The less terrifying alternative is strobing; using highlighter to add definition. Get on board with this sheer pressed powder.

**3/ bareMinerals bareSkin Perfecting Veil, £22** Not a bronzer per se, but adds warmth to sallow complexions, plus softens fine lines and mops up excess oil.

**4/ Clinique Sparkle Skin Body Exfoliating Cream, £24** A two-pronged treatment for dry skin: exfoliating beads and salicylic acid work in tandem to buff skin smooth.

**5/ Diego Dalla Palma Spray On Tights, £16** Put down the barely-there hosiery and pick up this lightweight skin-tone perfecting and enhancing spray instead. And mist...

**6/ Clarins Renew-Plus Body Serum, £40** Serums aren't just for your face. Use this concentrated body version to boost cell renewal for smooth and supple-looking skin 24/7.

**7/ Mac Studio Face and Body Foundation, £21.50** This will transform skin for a finish that's more believable than fake tan – and won't ruin your 120 thread count bedsheets.

**8/ Mio Body Brush, £14.50** Don't dry body brush daily? Start. It's one of the fastest ways to boost circulation and improve the appearance of your skin (and cellulite).

**9/ Burberry Fresh Glow BB Cream, £30** Boasting light-diffusing particles to bolster luminosity, this balm is the real-life equivalent of the soft, sunny Rise Instagram filter.

**10/ Urban Decay Optical Blurring Brush, £21** Smarter than your average make-up brush, the densely-packed bristles evenly distribute cream and liquid foundations. **WH**





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**OUR** entire range of innovative products are backed by scientific evidence and undergo a rigorous system of quality control.

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Visit [www.solgar.co.uk](http://www.solgar.co.uk) for your nearest stockist.





# SLIM DOWN

+ SMART STRATEGIES FOR FAD-FREE WEIGHT LOSS +

## LIFE AFTER SUGAR

*Sworn off the white stuff? Here's the skinny on the new wave of sweet substitutes that will help you swerve that sugar belly*

WORDS JESSICA POWELL

### CONTENTS

**p73 Oh, sugar...**  
Squeeze, spoon and drizzle on these sweet alternatives

**p77 Kicking butt**  
How one reader fought her way to 3st lighter

**p79 Raise the bar**  
Your guide to the booze to choose and lose



*Like it or lump it*







When sugar became a dirty word, salvation seemed to appear in the form of agave syrup. For a while, everyone from food bloggers to nutritionists touted it as *the* virtuous alternative. The truth, it turns out, isn't so sweet. "People jumped on the bandwagon because agave has around half the glycaemic index (GI) score of table sugar," says nutritional therapist Charlotte Watts\*, author of *The De-Stress Effect*†. "But it's also really high in fructose, a form of sugar the liver struggles to process. This causes the body to produce extra fat in the liver, bloodstream and around your middle." And so our quest to find a skinny sweetener continues. We've taken a closer look at the latest contenders for the sweet crown...



## SugaVita

**Say what?** Formerly known as Palmyra Jaggery, it's made from the sap of the fruit of the palmyra palm tree. Grown in Sri Lanka and India, it's a sand-coloured powder with a caramel-like taste.

**The good:** "It has only 3% fructose and a fairly low GI score of 40, which makes it a better choice than table sugar for your waistline," Charlotte Watts says. And "one SV or two?" has a nice ring to it.

**The not so good:** Beware the superfood hype. Yes, a serving contains 133% of your RDA of vitamin B12, 222% of vitamin B6 and 664% of vitamin B1. But Watts warns: "RDAs are incredibly conservative – the RDA of vitamin C, for example, is the minimum you need to stop you getting scurvy. It's a dangerous game to suggest Palmyra Jaggery is a good source of nutrients, encouraging people to have more of it." At 386 calories per 100g (that's 20 cals per tablespoon), it's a slippery slope – plus there are far better ways to get your vitamin fix.

**How to use it?** It's very sweet, which makes it a good option for baking – you can use around half the amount you would of table sugar. Small wins.

**Try it:** Conscious World SugaVita, £7.99, [consciousfood.co.uk](http://consciousfood.co.uk)



## Yacon syrup

**Say what?** Extracted from the root of the South American yacon plant, this thick, dark syrup has a molasses-like taste.

**The good:** Much of its sweetness is due to its high level of fructooligosaccharides (that's quite a mouthful). "These short-chain carbohydrates are connected in a way that makes them unrecognisable to the human digestive system, meaning yacon syrup doesn't

raise blood sugar," says Katherine Bassford, author of *Oh Sugar!* Moreover, they've been shown to feed the good bacteria in the gut. And a recent study published in *Clinical Nutrition* found those taking a small dose per day saw decreases in body weight, waist circumference and BMI. Sold.

**The not so good:** "Having too much can cause unpleasant side effects, such as cramps and bloating," notes nutritional therapist Hayley Pedrick<sup>1</sup>. So stick to a taster to beat the bloat.

**How to use it?** Add it to your cuppa. With a GI score of about one, it's a better bet than table sugar, which will spike your blood sugar levels super fast when consumed in liquid form. Swerve that post-beverage crash.

**Try it:** Of The Earth Yacon Syrup, £6.99, [healthysupplies.co.uk](http://healthysupplies.co.uk)

ADDITIONAL WORDS: HARRIET BROWN, \*CHARLOTTEWATTSHEALTH.COM, †THE-DE-STRESS EFFECT (HAY HOUSE, £12.99), †THENUTRITIONCOACH.CO.UK





## Coconut blossom

**Say what?** Extracted from coconut palm blossoms and with a similar taste to maple syrup, it can be bought as either liquid syrup (pictured) or crystallised as sugar.

**The good:** "It has a fairly low GI [around 30-35]," Pedrick notes. "It also contains inulin, a fibre that helps reduce cholesterol and also binds to some calories in your food within the digestive tract so you don't absorb them." A calorie-busting sugar? Oh happy day.

**The not so good:** That old fructose chestnut, again. "The nectar's around 45% fructose," Pedrick notes. In terms of calorie content, at 16 per teaspoon, it's around the same as table sugar. It is, however, about 50 times the price. Gulp.

**How to use it:** Drizzle the syrup on yoghurt, porridge or pancakes – wherever. The crystallised form has a courser texture than regular sugar, so if a baking recipe calls for liquids, such as melted butter, stir the sugar in first to help it dissolve, rather than adding to the dry mix.

**Try it:** Biona Coconut Blossom Syrup, £5.99, [goodnessdirect.co.uk](http://goodnessdirect.co.uk)



## Date syrup

**Say what?** A rich, treacle-like liquid, usually produced by cooking the dates with water, pressing them to extract the juice, and then concentrating it into a syrup.

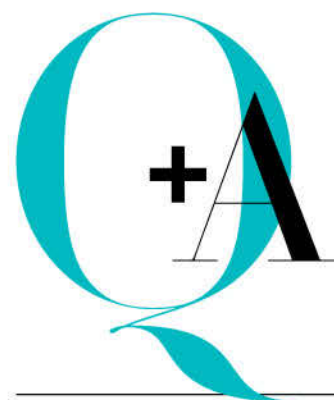
**The good:** "Dates are something our hunter-gatherer ancestors would've eaten – always a good sign. It means our biochemistry has evolved to be able to digest them efficiently," Watts says. "The GI of date syrup hasn't been established, but dates are classed as low GI, with a score of 42."

One notable pro is that it also has a high fibre content for a sugar (1.8g per 100g). "This helps to slow the release of the sugar into your system," Watts adds.

**The not so good:** "It is high in fructose," Watts notes. "Your best bet is to make your own by blitzing dates with hot water in a blender so you retain the natural fibre." Gives a whole new meaning to 'date night', doesn't it?

**How to use it:** The flavour complements savoury dishes, so use it in marinades for meat and fish, or a salad drizzle.

**Try it:** Meridian Date Syrup, £2.51, [goodnessdirect.co.uk](http://goodnessdirect.co.uk)



## Ask the expert

### The expert:

Rosemary Ferguson

**Who:** Harley St nutritionist, [rosemaryferguson.co.uk](http://rosemaryferguson.co.uk)



### Q Is there a healthier snack alternative to cheese?

**A** Certain cheeses can be a good source of fat and protein, but you're right to look for a healthier swap if it's become your go-to snack. A lot of cheese cravers find they're after a salt hit. Celery's sodium content makes it a great alternative, and it's especially filling with hummus. Smashed avocado on a cracker also seems to help because it mimics the high fat content. Where cheese tends to be high in saturated fat, avocado boasts monounsaturated fat that can help lower cholesterol and maintain satiety. If you're worried cutting out cheese will leave you short on calcium, opt for mozzarella – it's high in calcium, but relatively low in saturated fat.

### Q Are raw cacao and raw cocoa the same thing?

**A** No, but they're both derived from cacao beans, which are found inside the fruit of the *Theobroma cacao* plant. The unroasted beans are cold-pressed to produce cacao powder, still high in nutrients. Cacao nibs are simply chopped-up beans. Because of its unprocessed state, cacao is rich in antioxidants, minerals and fibre. After the beans are fermented, dried and roasted, they become 'cocoa'. If you're baking, you may as well use cocoa powder – it's cheaper than cacao and the nutrient content will be lowered anyway because you're heating it. Whereas, if you're whipping up shakes or raw recipes, opt for cacao.

Selfgranulation

## READ BETWEEN THE LINES

Consumer, beware: watch for these sneaky words on product labels...



**Sucrose:** This, as you may be aware, is just sugar as we know it. Don't be word-blind when scanning the label for stealth additions.



**Natural:** A University of Houston study showed labelling that uses the word 'natural' is often perceived as healthy by consumers. With sugar, that's rarely the case.



**Saccharin:** This artificial sweetener is one to dodge. A study published in *Behavioural Neuroscience* found it both stimulates appetite and slows metabolic rate. Not cool.

# POWER TO MOVE

Active living sometimes comes with minor aches and pains, but Movelat treats strains and sprains to help you stay on course and achieve your goals

**I**t's important to take care of yourself when exercising. Pre- and post-workout stretching help you to avoid injury, but sometimes sprains and strains can affect your performance. With more than 20 years' experience in every tube, Movelat can provide relief from muscular stiffness and pain to help you get back on track. Now, sponsoring England Netball to promote women's fitness, Movelat is your answer to getting back into sport.

## Q What are the advantages?

Movelat's unique formula delivers an anti-inflammatory that provides powerful pain relief. Movelat is applied to the skin at the site of pain, so less medicine circulates in the body, thereby reducing the risk of side effects such as GI issues that can be associated with some pain-relief tablets.



## Q Who stands to benefit?

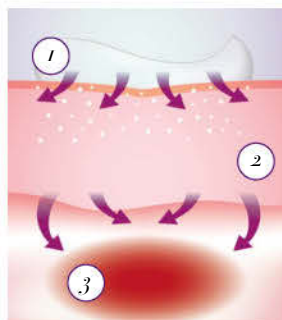
As Movelat is a topical analgesic, it is suitable for minor strains, sprains, muscular pain and stiffness. If you want to stay active, but feel held back by pain or discomfort, you can get back on your feet with Movelat\*.

## Q How do you use it?

Movelat cream and Movelat gel are simple to apply. Just rub two to six inches of cream or gel over the sore or inflamed area up to four times a day. Please avoid Movelat if the skin is broken or you have an allergy to one of the ingredients\*\*.

## HOW DOES MOVELAT WORK?

The unique formula delivers a clinically proven anti-inflammatory exactly where you need it



**1 Salicylic acid to aid absorption**

**2 MPS anti-inflammatory**

**3 Inflamed tissue**

The MPS (mucopolysaccharide polysulfate) and salicylic acid work together, with the salicylic acid gently softening the skin to allow the MPS to be absorbed where the inflamed and painful tissues are.

\*ALWAYS READ THE LABEL AND ALWAYS SEEK MEDICAL ADVICE FROM YOUR PHARMACIST OR GP  
\*\*PLEASE CONSULT YOUR PHARMACIST OR GP FOR FURTHER ADVICE.

## WHAT'S YOUR NEXT MOVE?

Movelat sponsors England Netball. To find out more visit [movelat.co.uk](http://movelat.co.uk)



**Movelat**  
A unique formula for  
Pain relief like no other



ALWAYS READ THE LABEL

CHECK OUT OUR OCTOBER ISSUE FOR OUR EXCLUSIVE INTERVIEW WITH THE BACK TO NETBALL SQUAD





## Fat burner's diary

# "I FOUGHT MY WAY TO A SIZE 8"

*Leanne Jacklin-Grey, a 27-year-old flight attendant, kicked her ass into gear... and into shape*

### THEN

As I sat behind the gym reception where I worked, I saw the same faces day after day. I wished I shared their motivation. Despite spending most of my time in a gym, I only managed 20 minutes on the cross trainer a week. With carb-heavy meals and a boozy social life, the pounds piled on. When I left to start a career as a flight attendant, I found my size-14 jacket barely stretched across my stomach. Jumping on the scales, I was shocked to see I weighed 13st 5lb – this wasn't the body I wanted.



### HOW

Despite my good intentions, I struggled with my weight for years until last April, when a friend suggested I come to a kick-boxing class. I wasn't keen, but hearing it burned 800 calories an hour, I tagged along. After two sessions, my muscles hurt, so I knew it was doing something. And then the endorphins kicked in. I finally began to crave exercise – I added a run and two weekly weights sessions to my regime. I swapped carbs for green vegetables and upped my protein intake. I was a size 10 within eight months.

### NOW

In January this year, I reintroduced wholemeal carbs like quinoa and oatmeal to my diet. I was worried I'd balloon, but instead it gave me the extra energy boost I needed to work out harder. More pounds melted away to reveal defined muscle. I was 10st 9lb and a size 8 within three months. My new goal is to perfect my roundhouse kick and enter kick-boxing competitions. Now I have that motivation, I never struggle to hit the gym. **WH**



After 10st 9lb

## FITSPIRATION What keeps Leanne on track...



### Inspiration

Instagram trainer Lyzabeth Lopez – I swear by her 'Hourglass' workout.



### Energy boost

I add a Berocca to my morning smoothie to give me a lift before the gym.



### Killer move

Roundhouse kicks: they're amazing for your abs and obliques.



### Soundtrack

DJ Marcel Lawson's mixes vary in tempo so I can tailor them to different workouts.

# HAVE YOU NOTICED **DISCOLOURED** OR **THICKENED** NAILS?

THESE COULD BE  
**EARLY SIGNS** OF A  
FUNGAL NAIL INFECTION



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Menu  
decoder

# THE BAR

Avoid turning happy hour sour with these smart choices...

## WHITE WINE

### CHOOSE:

Alcohol has almost twice the calories of sugar, so a sweet, low-alcohol wine can be less calorific than a dry, high-alcohol option. Sip a riesling at 120 calories a glass.

### LOSE:

Dodge anything that's 12-14% ABV or higher. Chardonnays and sauvignon blancs – with 150-170 calories per glass – should not be invited to the party.

## SPIRITS

### CHOOSE:

Upgrade your gin habit and swap the G&T for a 114-calorie gin rickey – that's gin, soda and lots of fresh lime juice. One regular tonic can contain up to 5 tsp sugar.

### LOSE:

Steer clear of black sambuca. A shot of the stuff contains 103 calories and more than 11g of sugar. Yep: just one shot. Now that *is* hard to swallow.

## COCKTAILS

### CHOOSE:

Sparkling wines are generally low calorie. Nutritionist Helen Walker suggests trying an antioxidant-rich pomegranate champagne cocktail at under 100 calories.

### LOSE:

Say no to Long Island ice tea as it has about the same number of calories as six McDonald's nuggets. That'll be the vodka, rum, gin, tequila and triple sec...

## RED WINE

### CHOOSE:

Pick a full-bodied wine like a New World shiraz (or Old World syrah) – around 117 calories for a medium glass – as they have the most heart-friendly antioxidants.

### LOSE:

Californian cabernet sauvignons can contain 150 calories a glass as grapes grown in warm climates have more sugar. General rule: the cooler, the better.

## BEER & CIDER

### CHOOSE:

Celia pilsner lager – it's low in calories (136 in a 330ml bottle), organic and gluten-free. Otherwise, any 'light' beer is the obvious choice.

### LOSE:

Ciders and fruit beers don't count as one of your five-a-day and can rack up 210 calories and 20.5g sugar a pint. Don't. Down. It. WH

Drinks MENU	
<i>White wine</i>	<i>Red wine</i>
Chardonnay Pinot grigio Sauvignon blanc Riesling Sémillon	Shiraz Cabernet Sauvignon Merlot Malbec Zinfandel
<i>Spirits</i>	<i>Beer &amp; Cider</i>
Gin Vodka Sambuca Malibu Whisky	Pilsner Pale ale Light beer Stout Pear cider
<i>Cocktails</i>	
Bellini Long Island ice tea Cosmopolitan	Mojito Bloody Mary White Russian

**Tip:** After a salty hit? Swap nuts for olives. "A handful contains just 64 calories," says Walker. "The equivalent amount of dry salted nuts has 282."



# PUSH THE LIMITS

GB tennis ace Heather Watson explains why New Balance's brand ethos 'Always in Beta' is the perfect mindset for sport



**Q** New Balance's new campaign 'Always in Beta' is driven by the desire to improve. How does this state of mind relate to you and your career to date?

It's very important for me to keep improving and keep trying to get better – there are always things I can improve on and get better at. Even in tennis, if you're No1, you still need to try and get better because there'll always be people trying to catch you. You've got to stay ahead of the game and try to maintain and do your best.

**Q** The meaning of Beta derives from always pushing, innovating

and improving – how does this mantra shape your training and performance?

With my coach, I'm always looking at new ways to train – what's good for me and what's not. We follow developments in technology and science and use that in my training.

**Q** Men's Health Survival of the Fittest is a 10K obstacle race open to all with challenges that test speed, agility, strength and power – how do you go about training and targeting different areas of fitness?

In the gym, I do a lot of

strength exercises for my upper and lower body. I also do power exercises as a separate session. On top of that, I do intervals on the treadmill for the cardio – it gets the lungs going.

**Q** With the notion of 'Always in Beta' in mind, how important is the mind and mental strength in performance?

I think that it's 80% of it. Skills are important, but it's how we apply ourselves; how hard we fight; if we chase every single ball – that's what makes the difference between the top players and the not-so-good players.



**SOTF: NOT JUST FOR THE BOYS**

'Beta' is about constantly innovating, pushing and evolving. Put your fitness to the test this year at Survival of the Fittest, a 10K obstacle race for all sponsored by New Balance\*. Sign up today at [mhsurvival.co.uk](http://mhsurvival.co.uk)

\*OFFICIAL FOOTWEAR AND APPAREL SPONSOR OF THE 2015 SURVIVAL OF THE FITTEST SERIES





# SEX & LOVE

✦ EXPERT ADVICE FOR BETTER RELATIONSHIPS AND BOLDER SEX ✦

## CONTENTS

### p81 Touchy subject

Time to learn the stuff they didn't teach you at school

### p85 Juicy questions

Welsh actor Ioan Gruffudd makes the earth move



## *A private* EDUCATION

*Writer Amy Molloy enrolls in sex school and becomes a straight-O student*





**A**s I gather up my laptop and reading glasses and head to my bedroom, I tell my boyfriend, “Don’t disturb me. I have homework to do.” Half an hour later, I emerge with a smile on my face, re-buttoning my jeans. Homework doesn’t usually give you an afterglow, but then most evening classes aren’t the Obliss online program, or as I like to call it: Orgasm School. Grab your pen and paper, and take note...

It sounds like a joke, but sex therapist Layla Martin (aka ‘headmistress of pleasure’) launched the online Orgasmic Bliss school in 2013 to tackle a serious problem; the fact only 25% of women climax through vaginal intercourse. “Many of us don’t reach a high state of sexual ecstasy because we’ve never been taught how,” she says. “We develop our careers and minds, but not our sexuality.”

There are 639 other women signed up to my six-week course. Each week, there’s a video tutorial, two exercises and homework, all performed solo. There’s also a private Facebook page to share experiences. “A lot of women feel locked into one way of reaching climax,” Martin says. “They try a different way once, feel like a failure and give up. But you have to put yourself into a new sexual situation many times to build neural pathways in the brain.” This is why a lot of the

tasks don’t involve touching, just visualisation. Sounds strange, but a study\* found the same pleasure centre of women’s brains lit up when imagining erotic fantasies as when they actually had physical orgasms.

## Climax calendar

Week one, we practised the ‘honey pot’ exercise: lie on your back and imagine holding a bottle of honey, which you drizzle over your stomach and vagina, then down through your cervix to your ovaries.

Week two involves a full-body meditation, saying words like ‘wet’ and ‘warm’, imagining the sensations. Awkward at first, but weirdly arousing. Martin either demonstrates (if it’s a visualisation or meditation exercise) or talks you through (if the practice is X-rated) what to do. When it’s time for students to have a go, an audio recording talks you through the practice.

By the end of the course, you have a set of audio exercises you can continue using.

## Feeling it

As week three came, Martin began to delve into our ‘sexual imprinting’ (our earliest sexual memories) and the subconscious effect it can have. A negative sexual imprint doesn’t have to



be as extreme as abuse, but can be minor memories causing us to link sex with shame, guilt or insecurity. I didn’t think I had any... until I did the ‘sexy sounds’ exercise. You lie on your back and breathe in deeply; as you breathe out, you make a sound channelling your vagina (as if it’s speaking). Sounds mental; turns out it’s weirdly revealing.

Martin warns your vagina may not make the noise you expect. I thought mine would make a soft, purring sound, but out of my mouth escaped a deep, ugly growl: Chewbacca with a chest infection. I had the urge to cry. I hated my vagina for sounding so angry. As I lay on my bed, I had a flashback

## TASK #1

Start by massaging your breasts, neck, arms, stomach and thighs. Squeeze the outer lips of your vagina, then focus on your perineum. Stroke of genius.

## THE FIVE



**The early bird**  
Just came out of nowhere. Literally.

WORDS: AKORVLAISRGVWGEETH





## TASK #2

Play with your clitoris till you're about to climax, then stop. Do nine pelvic floor squeezes. Repeat for five cycles before finally allowing yourself to orgasm. You've earned it.

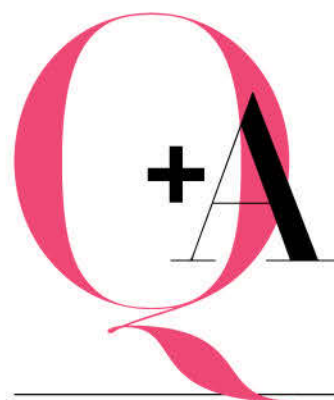
to when I lost my virginity at 17 to a guy I met in a nightclub. After he climaxed, he reached for his mobile, dialled his ex and begged her to take him back... while I was lying next to him.

I reluctantly shared my experience on the school's Facebook page. To my surprise, I was met with praise. "Being fully orgasmic means feeling everything – pleasure, sadness, anger, fear – any number of feelings," Martin says.

## School's out

By graduation day, I can't say I'm in *When Harry Met Sally* territory, but I'm more liberated, honest and skilled. I'm an expert at self breast massage, know how to squeeze my cervix, vagina and clitoris muscles and have, er, mastered 'vag breathing'.

The biggest change has been emotional. I no longer pigeonhole myself as the type of woman who can 'only' climax in one way. I can also admit that sexual incidents in my past don't have to define me. And I have 639 new friends who graduated with me. **WH**



## Ask the expert

### The expert:

Zita West

**Who:** Sex and fertility expert, and director of Zita West Clinic



### Q My mum struggled to have children. Is it likely I'll have to have IVF, too?

**A** Many factors affect fertility – ovulation issues, medical conditions, age. Without knowing your mother's full history, it's impossible to say. There are some genetic factors that may determine fertility, such as early menopause. If this affected your mum, it's likely to affect you. Certain autoimmune disorders and genetic conditions that affect fertility can also be inherited. Talk to your mum. Hopefully, this will help put your mind at rest, but it may also flag up any issues to make you consider starting a family sooner rather than later, or that warrant a chat with your GP.

### Q I feel really up for sex when I'm on my period. Is this normal?

**A** Feeling horny while on your period isn't that uncommon – for some, the most intense part of the month is pre-menstruation, but once your period starts, your hormones start to settle down and you feel normal again, and therefore relatively up for it. Also, sometimes a woman's fertile time can overlap with the end of her period, especially if she has a short cycle. Oestrogen production drives the desire for sex to coincide with ovulation, which would explain why you're in the mood then. Don't forget, this also means you're especially likely to get pregnant, so if you're not trying for a baby, don't forget contraception.

## MOST COMMON ORGASMS as told by Taylor Swift's face



### The long haul

Too much effort for too little reward.



### The winner

Even Kanye couldn't shush you up.



### The multiple

When the planets align to deliver sexual zenith.



### The no-show

Well, this is awkward...



# BEAT THE BOUNCE

A sports bra is a wardrobe essential for every fitness warrior. Get support for your sport with the new UpRise and UpLift

**W**ith every pavement you pound and every weight you pump, it's not only your muscles that move, but your breasts, too. Yet with just one ligament to hold delicate breast tissue, this is an area that needs support.

Whatever your sport, whatever your shape, take control of your most valuable assets with the UpRise and UpLift from Moving Comfort, tailored sports bras that give women everything necessary to live life to the full without anything getting in the way.

## THE RIGHT SUPPORT

FOR MORE INFORMATION ON MOVING COMFORT BRAS, VISIT [BROOKSRUNNING.COM/UK](http://BROOKSRUNNING.COM/UK)



## GET TAILORED SUPPORT WITH THE NEW UPRISE AND UPLIFT

Both lightweight and versatile crossbacks with maximum shape and clean lines. The UpRise Crossback is available for A/B cups, while the UpLift Crossback comes in a C/D cup

### UPLIFT CROSSBACK

- 1** Crossback powermesh straps offer maximum ventilation.
- 2** Lightweight, perforated contoured cups enhance support and provide maximum shape and modesty.
- 3** Encapsulation and compression.
- 4** J-hook back closure for easier on and off.
- 5** Self-adjusting bottom band stretches for a personalised fit with every wear.

## FIND YOUR PERFECT FIT

**1 THE BAND**  
Should fit snugly against your skin, without feeling too tight or restrictive. Check that it lies evenly, without hitching.

**2 THE CUPS**  
Ensure the breast tissue is fully contained and the

bra doesn't pucker or wrinkle to give you total confidence as you move.

**3 THE STRAPS**  
Should feel comfortable and stable when you move in all directions - they shouldn't slip or dig into your shoulders.





5  
questions  
for...

# IOAN GRUFFUDD

*Outdoing the Joneses (Aled, Tom and Gethin)  
to be our favourite Welsh expat*

**Q: When was the last time you were really scared?**

A: I was driving on the freeway back from Palm Springs with my wife [actress Alice Evans] in the fast lane, doing 80mph, and the car veered off. It was deserted out there – and 49°C. It seemed like forever before anyone came to help.

**Q: What's the best lesson you've learnt from love?**

A: Patience and sacrifice. To me, it's important to know that those things are reciprocated. It's give and take.

**Q: So how did you know that your wife was The One?**

A: It was a long, slow burn. We worked together on a film for six months, but we didn't get together until a year after. Clearly, the seed had been planted. You know when you do things for them without thinking. You put yourself out for that person – driven by this urge.

**Q: What do you wear in bed?**

A: In LA, I sleep naked, but in New York, I wear Hugo Boss pyjamas. If I had Hugh Jackman's physique underneath them, they would look really sexy and tight.

**5. Self-deprecating. Do you have any bad habits you need to break?**

A: I put a lot of pressure on myself. I've had panic attacks on camera. I'm reading lots of books on mindfulness and have been trying out methods to stop myself from going to those places. **WJ**

Gruff: hello

## FAST TALK

**Night in or night out?**

Night in.

**Make-up or au naturel?**

Make-up.

**Twitter or Instagram?**

Oh dear... Instagram.

**Your guilty pleasure?**

Um. Golf.

**Signature dish?**

Mario Batali's ragu bolognese.

**Shower song?**

I'm so maudlin: Adele, 'Someone Like You'.

# naked...

*It's back! Last year, we asked the fit and the famous to celebrate their bodies in all their natural glory. The results were so beautiful, we decided to do it again. So meet 2015's naked stars – eight inspiring women who are proud of their bodies, not just for their beauty, but for their strength, power and imperfections, too. Here, they reveal all...*



JOHN WRIGHT

WORDS: KATIE MULLOY;  
AMELIA JEAN JONES;  
VICTORIA JOY, GEORGIA POSNER



# Chrissy TEIGEN

Last night, Chrissy Teigen went to sleep reeking of meat. It started at a barbecue place in Koreatown; a faded, sporadically manic Hollywood enclave where karaoke bars and pet shops sit among cook-it-yourself restaurants. She'd insisted to the sceptical waitress that she and a couple of friends would be just *fine* working their way through the menu's offering of flesh. She was wrong. She had to call a taxi to send the leftovers home to her mother. Then, after a few hours at the nearby Magic Castle – a presumably surreal members' club where status scores you magic tricks alongside exclusivity – the group pit-stopped at Mel's Diner, wrapping up the evening with "six milkshakes, chicken tenders, a beef patty, curly fries, cheese fries..." You assume a calorie coma occurred soon after.

So now, the next morning, as we sit on the terrace of the Sunset Tower Hotel, a low-key institution halfway up Sunset Boulevard, she's struggling through a brunch of eggs, chicken sausage and spinach. "Do you want this?" she asks, offering up her toast. "I'm still full from yesterday." The mimosa she ordered is slipping down a little more easily.

Obviously I knew that Teigen, 29, likes to eat. Models-doing-food seems to be a growing trend (think Lorraine Pascale, Jasmine Hemsley, etc), but she is, as far as I know, the only *Sports Illustrated* cover star, TV presenter and wife-of-music-singer/songwriter (36-year-old John Legend) who has a blog – [sodelushious.com](http://sodelushious.com) – with recipes like cheesy guacamole, meatball and mozzarella skewers, and fried fish sandwich. She's currently turning them into a book, to be released next year. And so the obvious question is: how does she eat all of *that* and look like *this*?

Well, her eating isn't always as carefree as yesterday's post-WH shoot blowout. "I've always had to watch myself," she says. "My family is not naturally thin and we put on weight quickly. I find low-carb works for me. Even healthy grains, like quinoa, I keep to a minimum." And, yes, alongside those indulgences, the blog is protein-heavy. The rest of the answer is clear in her attire – leggings, top, hoodie; all black, all





cropped. She's kitted out for a post-brunch PT session with A-list trainer Simone De La Rue – founder of Body By Simone – whom she sees five or six times a week. “I used to take pride in the fact I didn’t have to work out, and then I hit that age where you have to,” she says. “I want to drink champagne” – she nods to the mimosa – “and have hearty dinners, so I would rather work out for an hour and be able to do what I want.” She may not be one of life’s natural exercisers, but she knows a little intensive cardio is required to stay industry-fit. “Working on the cookbook, I put on around 11lb in five weeks, *despite* doing regular workouts. Before, I was always thin and just had to tone up, but now I’m trying to keep that extra layer [of fat] off. I’m having a tough time getting back to my pre-cookbook weight. It’s only 5lb, but it’s frustrating... My tummy has always been my problem,” she continues. “I’ve never seen an ab, no matter how many crunches I do.” Her bottom is a different matter. “I would love to have a little fat on my sides so I can be sexy, curvy. I’d love a big butt. But I just can’t get there.”

Teigen’s honesty about her – minor – imperfections isn’t as eye-roll-inducing as you’d expect. Instead, it’s what, one quiet Sunday evening, made her part of the global Instagram movement of women posting pictures of their stretch marks. She’d been moving furniture and had intended to post her bruised legs. When she saw she’d inadvertently snapped a small collection of stretch marks, she employed the point-it-out-before-anyone-else-does tactic, typing: “Stretchies say hi”. It got her a lot of love. And, yet, still there are the haters, or at least the digitally outspoken: “I used to get Twitter comments about being too athletic or too skinny, and now they say I’m too box-shaped or not curvy enough.” That inability to win frustrates her.

**M**aybe I should delete it,” she’s saying, scrolling through a recent Twitter altercation. A young woman had slagged off Teigen’s presenting skills. Teigen tweeted back suggesting she might like to be a little kinder. “I’ll never understand why people think we don’t read this stuff or don’t have a right to respond,” she says. “And what kills me is that if I do, suddenly I’m the bully. You can’t defend yourself, you can’t do anything, so it’s just not that fun anymore.”

She talks about pulling back, putting less out there. But in the following weeks, I see her engage a few more detractors. It’s as though she can’t help herself; perhaps she feels censored enough. Back in the days before anything she wrote became a headline-in-the-making, she had more freedom. Now the stakes are higher. “I miss being able to be funny and snarky. Being able to share my political views – apparently I’m not allowed to because I’m a model. I can’t talk about gun control. I didn’t go to college, so I can’t talk about our horrific education system. You don’t have the right to speak about anything if you’re in the public eye.”

And when she does, she deals with the hangover of regret. “I think it’s funny when people say, ‘I love that you don’t give a f\*\*\*’. I’m like, ‘I give so many f\*\*\*s!’ I don’t really take back things I’ve said, but I do regret the wording. Sometimes it comes off far more piercing than you mean it. I never want to hurt people.”





*"I'VE NEVER  
SEEN AN AB –  
NO MATTER  
WHAT I DO"*



**H**er main concern is causing some scandal that reflects badly on Legend. I compare it with how Kim Kardashian worried that her style could cost Kanye West his fashion cred (though surely his leather jeggings took care of that). "She and I read a lot of the comments, but I don't know why we do it to ourselves," Teigen says. The couple are friends. Has she had them over for dinner? "I keep trying, but they're the busiest people on the planet. Kim is lovely. I'll email her and she gets right back to me. It makes me feel like garbage because I'm like, 'I'm 10% as busy as you and I don't get back to people.' They are the most beautiful family. I look at them and think, 'How do I get this?'"

She's been with Legend for eight years, married for two, and they still seem perfectly, solidly happy. "I always thought I'd have kids by 28. I like chaos – that's why we keep getting random dogs, and I like things to be kind of kooky, so I think we will go for four." She's having the same timing issues as any career woman figuring out how to make motherhood work. "I'm waiting for things to slow down, but things don't seem to be slowing down, ever, so I think, 'Just have one and deal with it.'" Besides, she jokes, "I'd love to have an excuse to be bigger. People will know as soon as I'm pregnant because" – she nods at the mimosa again – "I'll stop drinking."

For now, she'll carry on enjoying life as it is. The cooking, the eating, the oversharing. Even the odd glass of pre-training champagne.

MAKE-UP: MARY PHILIPS AT  
SOMETHING ARTISTS. HAIR:  
GIANNANDREA AT THE  
WALL GROUP







# Chloe MADELEY

**28, PT AND FOUNDER OF  
FITNESSFONDUE.COM**

"My body started with a challenge. I was watching MTV and made a bet with my PT [and ex], Danny Young, that he couldn't make my body look like Britney Spears' circa 'I'm a Slave 4 U'. He proved me wrong in three weeks. I never looked back. From there, I decided to become a PT myself. I didn't want to be another female celebrity opening a style-over-substance website. I wanted to be qualified and for the fitness industry to

respect me. At 57kg and 15% body fat, I still see my body as a work in progress. I research for hours every day and feel like a scientist trying out new ways of improving my physique. I stick to 1,500 calories a day and track macros to make sure my muscles are getting all the protein and glycogen they need. I currently work out six days a week doing 45 minutes of fasted cardio to wake up my metabolism and burn through fat stores in the morning, followed by an hour of weights in the evening to build muscle all over. I document my

progress on Instagram because it's a way to publicly commit. Yes, I'm guilty of being overcritical of my body at times – but this is my job and I'm a perfectionist. I'm not saying I'm the ideal, I'm not saying only muscly bodies are beautiful – this is just what I do. Sometimes I have to remind myself that I'm human and allow myself a few days to lie on the sofa and eat burgers. I'm still learning my limits. As for other people's negativity: it makes me laugh when they say I'm too bulky and look like a man – I've worked hard for this muscle!"





HAIR & MAKE-UP:  
CHARLOTTE GASKELL  
AT LHA REPRESENTS





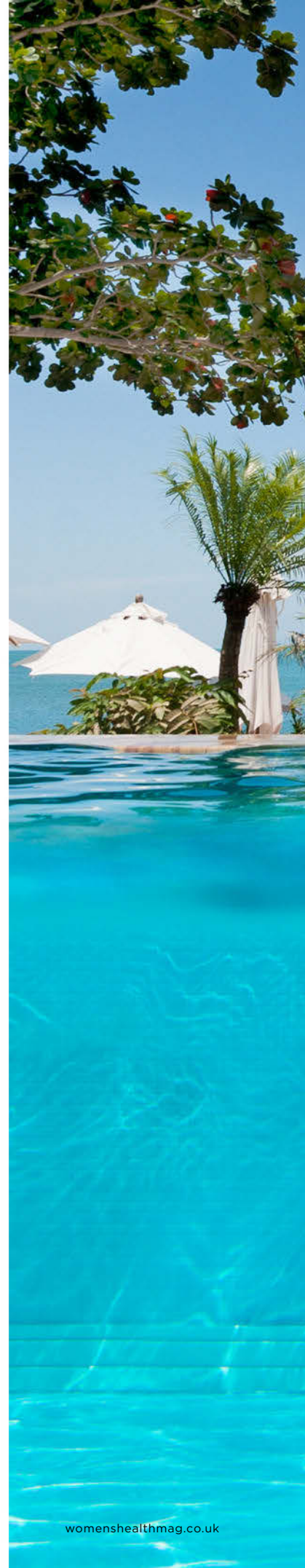


# Fran HALSALL



**25, EUROPEAN CHAMPION  
SWIMMER, COMMONWEALTH  
GOLD MEDALLIST, WORLD  
SILVER MEDALLIST**

"I've put on 10kg in the past three years and yet I'm the fastest I've ever been. Back at the 2012 Olympics, I was 68kg – a waif compared to my competitors. I needed to gain serious weight and muscle mass to cut through the water faster. And worse, that summer, I suffered a shoulder injury and was out of action for three months. It was the worst and, in some ways, the best thing that ever happened to me. Suddenly doing nothing is tough, both on your body and your psyche. When I started training again, I had to reassess everything to make sure I got stronger, faster and didn't get injured. I consumed more calories because I was swimming nine times a week for two hours, plus three weights sessions to build strength. Now, I squat 90kg, do chin-ups with 30kg and bench 75kg – it's intense and I can't keep my weight up on a 'normal' diet. So my pre-training breakfast is either eggs or porridge with whey protein, nuts and a glass of milk. After training, I grab an avocado, salmon and egg bagel. I eat again before and after my afternoon sessions, then have a wholesome dinner later. I have a very particular body shape – but I've accepted my big shoulders are the tools of my trade. Although it'll be nice not to be as big when I stop swimming competitively in the future, I'll still want to stay lean and athletic. I'll always want to work my body."





HAIR & MAKE-UP:  
CHARLOTTE  
GASKELL AT LHA  
REPRESENTS





HAIR & MAKE-UP:  
AMANDA GROSSMAN  
AT FRANK AGENCY



# Kirsty GALLACHER

## 39, SKY SPORTS PRESENTER

"If I was going to rate my body confidence out of 10, I'd say seven. This time last year, it would've been much lower, but after a divorce and juggling full-time work with two kids, I made the decision to start channelling my energy only into positive things, and that includes getting into shape. I currently do three hour-long morning sessions a week with my trainer Josh Salzman. My body has changed into a more athletic physique. I've always looked up to women with that kind of figure – Madonna, Jessica Ennis-Hill – what bodies! I forgo traditional cardio to pack in an hour of body-weight training and resistance work. Right now I'm really working on my glutes – slow squats against a wall with the medicine ball are hideous, but they work wonders for my bum. Boosting my training has knocked my weight down by 7lb to 8st, and I've lost two dress sizes, so I'm trying to build back up by adding healthy protein shakes into my diet. The more I train, the more I want to eat healthily so I never, ever snack. I'm not interested in food other than to fuel my body; sushi and poached eggs are my go-to dishes. I'm turning 40 soon, but age means nothing if you look after yourself. I've become wiser over the years and I know what makes my body tick – I just wish I'd realised it sooner. I enjoy my body more when I keep it fit and healthy – it's important to be in touch with your body; I love the fact that I am."







# Jodie KIDD

**36, MODEL AND  
TV PRESENTER**

"My nickname is 'Lanky' – I'm 6ft 2in of gangly long limbs. Whatever I eat, I burn off. Horse-riding, golf, hiking – being active has always come naturally to me, so I never put on weight when I was younger. Fortunately, the 'waif' look was hot for models in the Nineties. But because of my thin frame, there was constant speculation I had an eating disorder. Actually, I was mentally cracking under the scrutiny and simply had no appetite. Each time I stepped onto the catwalk, panic descended. It was a vicious circle – but one I bounced back from as soon as I got out of the industry. Pregnancy was a complete 360°.

I suddenly had sexy boobs and hips I'd never had before. Yes, I was soft around the edges, but I felt womanly. I kept telling myself I'd start getting in shape the next day and then had another glass of wine with my pizza. I was happy after my son [Indio, now three] was born; there was no hurry. Gradually, simply being active on the farm where I live, going on long walks and sporadic gym sessions got me back into shape. And then earlier this year, things kicked up a gear. A friend was severely injured in Afghanistan, so I decided to do the Arch to Arc challenge in aid of Help for Heroes: it's an 87-mile run from Marble Arch to the coast, swimming the Channel then cycling 181 miles from Calais to the Arc

de Triomphe. I started seeing a nutritionist\*, who measured my levels of key nutrients then helped me use food to transform my body into the most efficient machine it can be. Green leafy vegetables, lean white protein and complex carbohydrates help to oxidise my blood and repair my exhausted muscles daily. As well as two hour-long weights sessions every week in KX gym to gain strength, I'm also building up times within the three disciplines. A 100-mile bike ride is usual for a Saturday afternoon. I love that fit is the new thin – it's all more wholesome and health-focused than it was in the Nineties. I'll always be Lanky, but nowadays, I'm also tight, toned and strong. And I feel better about myself now than I ever did as a supermodel."

HAIR & MAKE-UP:  
VICKY CASSIDY.





# Samantha MURRAY

**25, WORLD CHAMPION  
PENTATHLETE AND OLYMPIC  
SILVER MEDALLIST**

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"It would be an insult to my body to say there are parts I'm not keen on – it's served me so well and I couldn't have won an Olympic medal without it. People say pentathletes have sport's most beautiful bodies because of their diverse training plan – I've got the tone of a swimmer, the leanness of a runner, strong thighs from riding and good glutes from fencing. I'm lucky that I'm tall, too: at 5ft 8in, I'll never look squat no matter how muscly I get. I see training as my nine-to-five job – I spend mornings doing aerobic cardio, like running and swimming; after lunch, I focus on the technical activities, such as shooting or fencing. I try to divide my time equally between the five disciplines because I need to be a pro in every one. Food is there to make sure my body's needs are being met. I eat three balanced meals a day, plus carby snacks to keep my energy levels high. I love cooking stews, pastas and salads and I'm really into smoothies – my current favourite is pear, almond milk, almond butter, chia seeds and spinach. But I'm a sucker for white chocolate and raspberry cheesecake. I'll always stay in good shape, but this is probably the best my body will ever look – and I couldn't respect it more. I'm excited to look back on these pictures in 40 years' time."

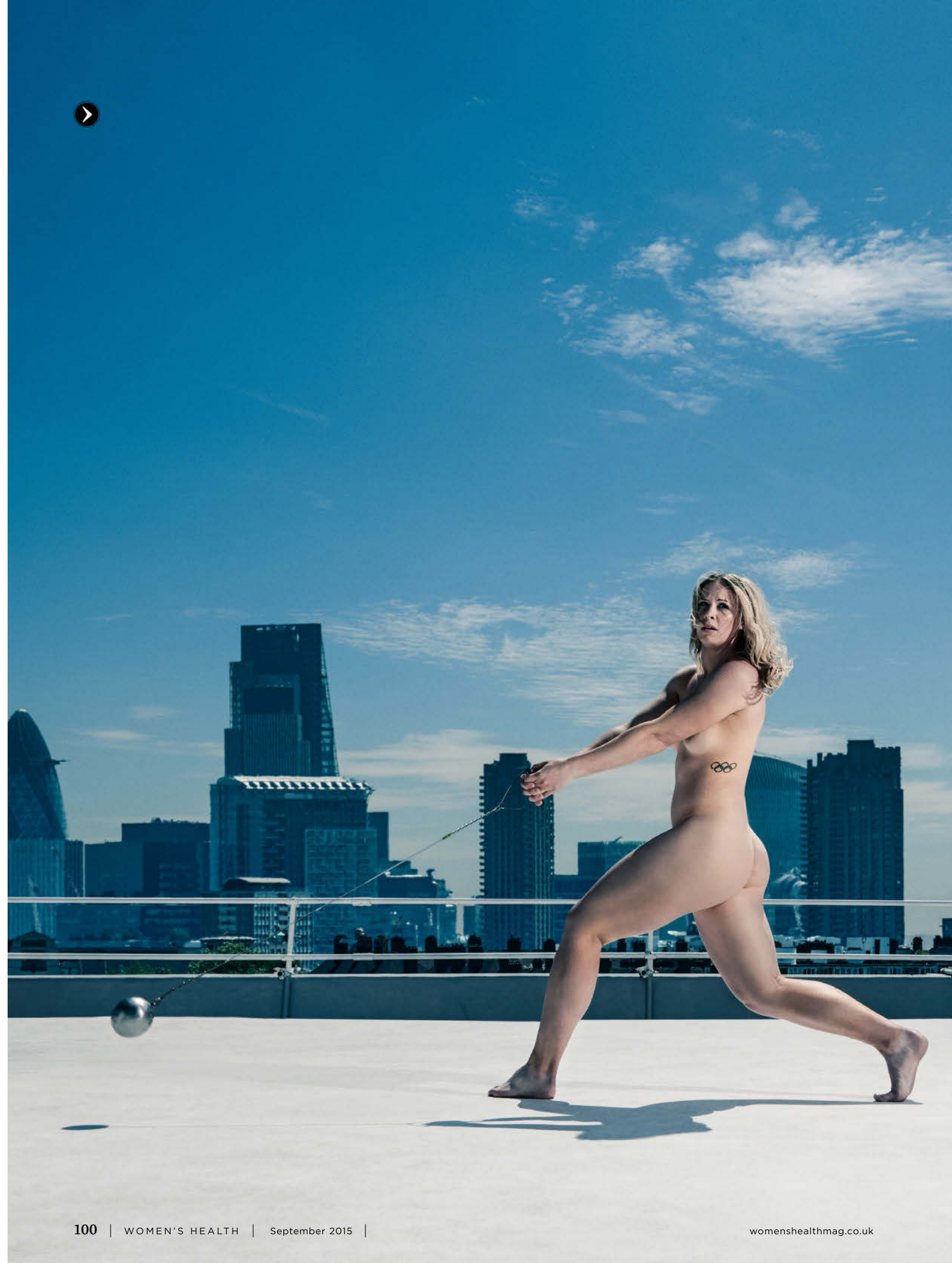






HAIR & MAKE-UP:  
CHARLOTTE  
GASKELL AT LHA  
REPRESENTS







# Sophie HITCHON

**24, OLYMPIC HAMMER  
THROWER AND CURRENT  
BRITISH RECORD HOLDER**

"I love my big thighs. I wouldn't be able to pick up a hammer without them. I put blood, sweat and tears into building them up. When I was younger, I always wished I was more petite or willowy; now they're a symbol of my success as an athlete. Women's hammer throw only became an Olympic event in 2000, but now competitors are being taken more seriously as athletes. I won't lie – as a woman, there are times when you look in the mirror and think, 'I wish this were smaller, I wish that was flatter.' But when you're an athlete,

you need to train for your PB, not what you look like. Last year, my weight dropped because I was burning so many calories in training. I lost a couple of dress sizes, but the distance I could throw went downhill quickly. It was a slog to get back to 75kg, but upping my protein got me back to my peak. I'll have eggs for breakfast before training, a protein shake afterwards, chicken with grilled vegetables for lunch, another shake after my second training session and chicken with rice and vegetables for dinner. It's a lot of food, but that's the only way to maintain the muscle mass that I need when I'm doing clean and jerk lifts at 90kg."

HAIR & MAKE-UP:  
CHARLOTTE GASKELL  
AT LHA REPRESENTS







# Lucy MECKLENBURGH

**23, FORMER TOWIE STAR,  
FOUNDER OF FITNESS SITE  
RESULTSWITHLUCY.COM**

"TOWIE didn't just bring me fame, it made me bigger than I'd ever been before. I was drinking every night, living off pasta – I'd never worried about exercise or 'no carbs before Marbs', but suddenly I couldn't fit into my jeans. So two years ago, I started working with a PT, Cecilia Harris. I slimmed down quickly and I'd wake up happier, more motivated – I *wanted* to get to the gym and push my body. I started posting workout shots on Twitter, and the response was amazing. So with Cecilia's guidance, I started Results With Lucy, offering online workouts and nutrition plans. I try to exercise five times a week – Zumba, Pilates, skipping, interval training. As for weights, at the moment, I'm doing high reps with 2kg weights and slow bench presses. The other day, I was lifting with a crop top on and noticed my abs really contracting! I'm more aware of what I eat now, and try to avoid carbs. I start the day with scrambled eggs, smoked salmon and avocado, with green juices as snacks. I never count calories, and if I think I deserve an epic piece of carrot cake, I'm going to have it. Louis [Smith, Mecklenburgh's boyfriend and Olympian gymnast] and I have only worked out together once. I lasted 20 minutes and was pouring with sweat. I think he made it extra tough to test me! He loves my body though, even if he does joke that he's never met a girl who eats so much." **WH**

MAKE-UP: CHARLOTTE  
GASKELL AT LHA  
REPRESENTS, HAIR:  
CLAIRE HEALEY

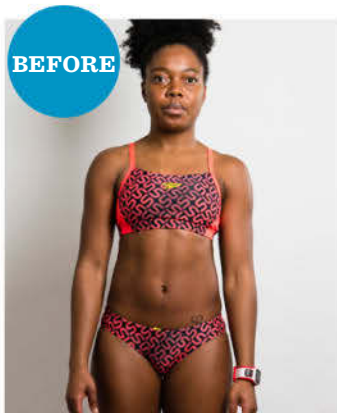


# HER FINAL STRETCH

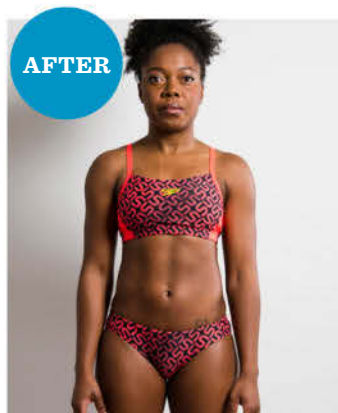
The Get Speedo Fit challenge has given nervous paddler Elle Linton new levels of confidence, in water and on land. Here's how it can do the same for you

**T**his summer, *Women's Health* and Speedo challenged women all over the UK with uncovering what a six-week swimming challenge could do for their fitness and physiques. Representing girls everywhere was *WH* challenger Elle Linton, 30, who'd never used the pool for fitness. In fact, like so many of us, Elle suffered from such a lack of confidence in the water that she wasn't used to the pool at all. But she took up the mantle all the same. "I started as a non-swimmer," she says. "Safe

to say, the odds were against me. Six weeks later, I'm about to undertake an open-water triathlon. The lessons I learnt from Speedo swim coach Dan Bullock have been invaluable. Now I cut through the water with ease – and I love it!" But it wasn't all plain sailing. "If, like me, nerves hold you back, then my advice is to get professional coaching, slow everything down and invest in the right kit. If you take your time with swimming, it'll reward you massively; my fitness and confidence are stronger than ever. The results are there to be seen."



**BEFORE**



**AFTER**



## HOW ELLE HAS IMPROVED



### ABS

Elle felt a palpable increase in core strength. This was mirrored both in her stroke improvement and the lab tests at the University of Bath.



### FITNESS

The sports scientists tested our water warrior's lung power before and after the challenge, noting an impressive Vo2-max increase of 8.87%.



### FAT

Much to Elle's surprise, the stubborn areas around her thighs tightened, dropping 2% body fat.



## THE LAB TEST

Both swimming and fitness experts at the University of Bath's Human Performance Lab were well placed to see how Elle's body responded to the challenge. Gruelling as they were, they yielded a lot of information for Elle. "I'm impressed with the results and looking forward to nailing the triathlon."





TO DOWNLOAD YOUR OWN SIX-WEEK PLAN AND TO GET  
TIPS FROM THE EXPERTS, VISIT [GETSPEEDOFIT.CO.UK](https://getspeedofit.co.uk)

**speedo** 



*Hold fire*



*The big*

# VOGA

*burnout*

*It's the ancient practice turned alpha workout that's supposed to reshape both our bodies and minds. But is our dependency on a downward dog doing more harm than good?*

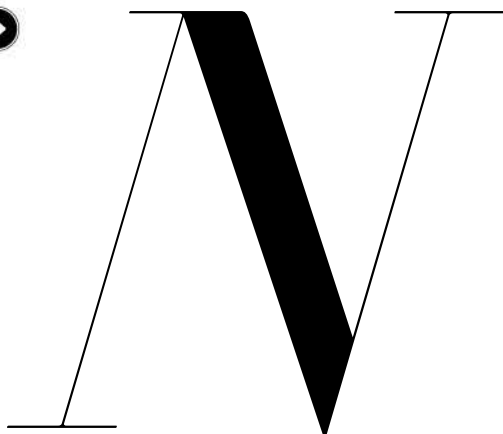


CATHERINE TURNER



OLIVER BURSTON



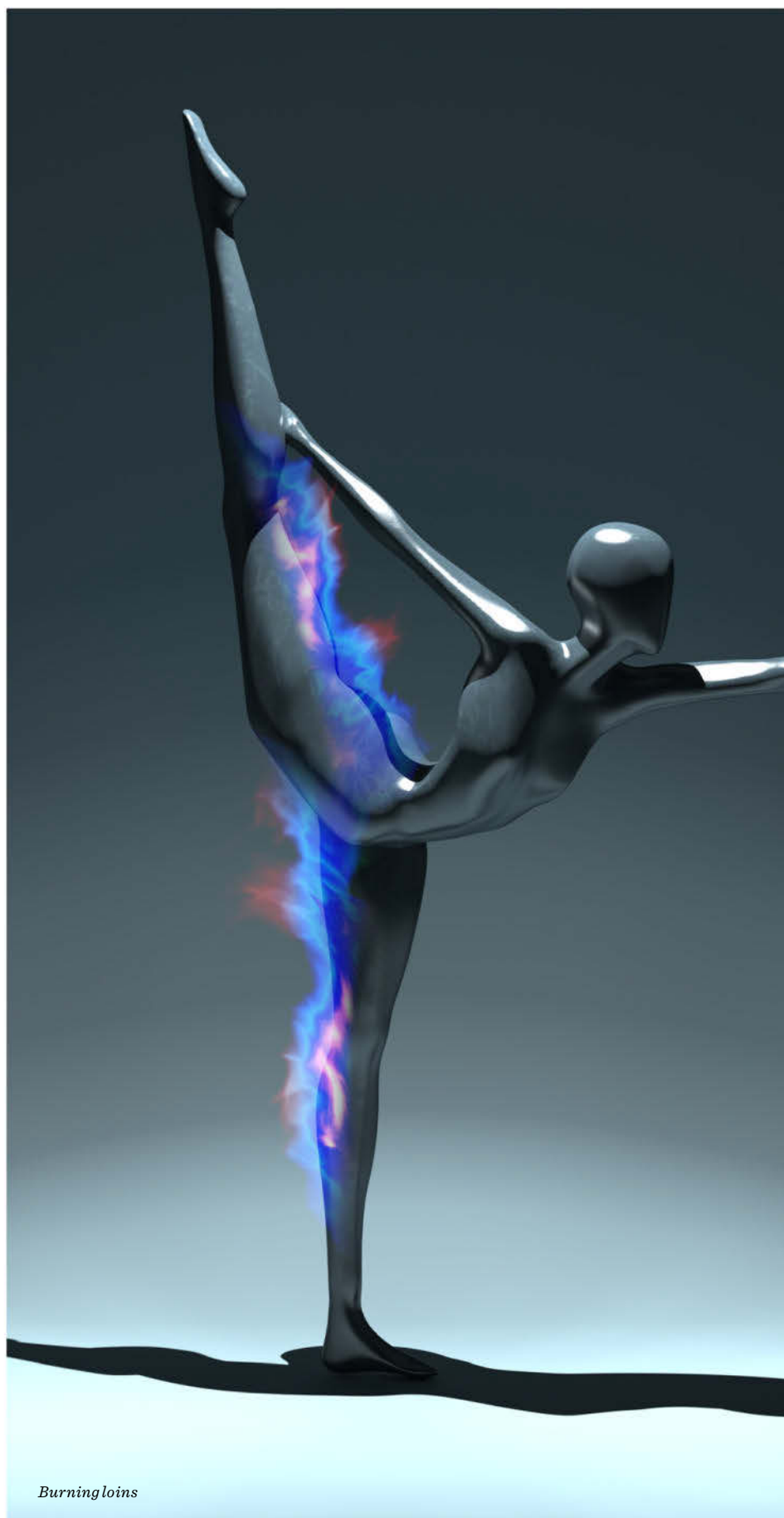


othing gives you that moment of clarity like the yogi next to you collapsing in a heap. It was about 20 minutes into a hot yoga class – dozens of us, packed into a studio heated to a breathless 42°C, so close I could feel flicks of other people's sweat hitting me as they moved – when I watched her reflection in the studio mirror topple out of chair pose onto her yoga mat. It would turn out she was five days into a juice fast, but despite living on liquid spinach, had forged on with her yoga schedule regardless. And while I was very much on solid foods, her rigid commitment rang alarm bells. Because yoga was the one thing I was, ironically, inflexible about, too.

That evening, I'd rushed from work, the tension rising in me as I battled through the commute and the changing-room queues to secure my favourite spot. No matter how busy I was, how stressed I felt, I'd do this almost every day, pulled in by the shiny promise that I could wring out all the strain with endless rounds of sweaty sun salutations.

But while my body was as taut as a gymnast, it ached. And forget the inner calm. The elusive Zen was fleeting at best. Mostly, I just felt exhausted.

This all sounds wrong, doesn't it? Because we all know yoga is supposed to be the *answer* to stress; ancient tradition turned modern-day prescription. Paths to enlightenment aside, science now backs decades of anecdotal evidence on its ability to calm the mind and cure aches and pains. The most mainstream of medical organisations, the NHS, now endorses yoga for stress and depression, as well as a way to prevent musculoskeletal injuries. Nobody is arguing against the benefits (when I reined in my own spiralling yoga habit, it once again became something my body and mind thanked me for), but there is something about yoga that can make you blind to its pitfalls.



*Burning loins*



Whatever the reality, yoga is seen as occupying the gentler end of the exercise spectrum. Its heal-don't-harm philosophy masks something that is far more than just a gentle stretch. I know few people who'd do, say, two CrossFit workouts within a couple of hours of each other, but doing back-to-back yoga sessions to squeeze double the Zen out of your Saturday morning isn't uncommon. And it's that spiritual bonus that gives yoga its pull. When a pastime's USP is its potential to make you feel positively serene, maybe it is easier to go at it far too hard.

## Fitness fusion

From sacred origins, yoga is now big business. It's practised by more than 30 million people worldwide; in the UK, the industry is worth a staggering £757.3 million. And it has evolved into something altogether more aggressive. Power yoga, hot yoga, aerial yoga – whether it's speedy or sweaty or necessitates hanging from the ceiling, it can involve pushing your body, and stress levels, further than they should naturally go.

I am not blaming the yoga industry – all types of practice have a time and place and I don't think this is some savvy sell-out of purist principles. Partly, I think yoga went alpha by demand.

## IT'S FAR MORE THAN A GENTLE STRETCH

"It's impossible to think about work when I'm in this pace of class," I heard a woman tell her friend in a changing room recently. They were both late thirtysomethings, still swathed in the sweat from the previous 90 minutes of hard-core ashtanga. "I've tried other types of yoga – they're too slow and my mind just works overtime."

The friend agreed: "I get annoyed in classes where they get you to sit and breathe. I want to feel energised, like I've actually achieved something."

For the time poor and highly strung, a nice hour of gentle hatha just won't cut it. Their yoga needs to be a workout, detox and therapy session in

one. And in a classic chicken-and-egg scenario, there's a certain personality type that these yoga forms attract.

"I'd say most people who do power yoga are a little bit alpha," says Tal Zalel, an instructor at south-west London's Hot Power Yoga and Reach Fitness. "I'm constantly asking people not to push too hard, not to compare themselves with others in the class. But you watch them trying to force themselves into advance positions or refuse to use a block because it's seen as the easy option."

Yoga has become a victim of its own success. Anything with an element of aspiration will ultimately have competitive undertones and, arguably, yoga has risen to the most ambitious tiers of wellbeing.

"Look at how people aspire to get a 'yoga body,'" Zalel says. "There's the notion that being good at yoga even involves looking a certain way; that you're not a real yogi unless you're long and lean and model-like. People are willing to push themselves to an often unobtainable ideal."

Whether you buy into it or not, walking to work sipping a coconut water, your Lululemon yoga mat tucked beneath your arm, says something about you. You are the type of person who's worked on your body and mind before your colleagues have even started their morning commute. Your success is born out of industry and like all alphas you're prepared to push yourself *hard* to get there.

## SPOT A STAR TEACHER

Is your yogi worthy of their Liforme mat?



### Strike a pose

They won't be posing in their latest arm balance in front of you – they'll be moving around the class to help adjust you.



### Take a breath

The classes incorporate breathing into the postures, and specifically teach breath connection.



### Savasa-wha?

There's some kind of reference to the origins of yoga – a nod to the postures' Sanskrit names at the very least.





## Paying no mind

And of all of health's status symbols, none come with quite the self-satisfied hubris as a mastered headstand. Or crow pose. Or whatever human-pretzel poise the more limber of us can pull off. "Yoga is meant to be about separating yourself from your ego, being in the moment," Zalel says. "But most people measure their success on how flexible they are and what pose they can hold – and get addicted to mastering one posture after another."

We've all done it, pushed ourselves a little bit harder, forced our chest to knees or head to toes because the short-shorted yoga bunny next to us seems to be pulling it off so smugly. It's innate to any alpha type, the need to compete.

"I've witnessed so much competitiveness in yoga," adds Nahid de Belgeonne, founder of Good Vibes yoga studio. "It happens among students as well as teachers, but nearly always silently."

All exercise classes have a slight cult element to them – you commit, belong and progress – but there's something about yoga in particular that people can get evangelical about.

"Teachers are people and they bring their own agendas with them," de Belgeonne says. "Some teachers have gone through their own cycle of stress, and yoga saved them, so they reiterate that if you push yourself, you'll be saved, too." And even the least

egotistical of teachers may struggle to prevent an injury-inducing misalignment faced with a class of 20 students.

All this has consequences. "For some, getting their legs behind their head is totally comfortable and easy," says Michele

Pernetta, who brought Bikram to the UK in the early Nineties and is now the founder of Fierce Grace yoga. "For others,

it's a slipped disc and a torn pelvis. Pushing hard without awareness will cause injury. Pain sensations tell us when we have gone too far, but if we're moving fast, seeking the pose rather than being in the process, we miss the signals."

In his 2012 book *The Science of Yoga*, *New York Times* science writer William J Broad

noted that the number of yoga injuries had doubled in a year. Although rare, there are certain postures – namely shoulder stand and headstand – that have been known to cause strokes because of their potential to shift full body weight on the delicate vertebrae in the neck, restricting blood flow from the heart to the head. "Shoulder stand is a tremendous stretch for the neck – and 50% of the blood to the brain goes via each of the two main arteries there,"

says Paul Fox, spokesman for professional body The British Wheel of Yoga.

When it comes to acute yoga injuries, it's generally noted that men are more prone – the mixture of ego and strength means they'll happily push themselves into positions they can't handle. But actually, women may be suffering worse in the long-term, their natural flexibility working against them. This elasticity means they can push further for longer, resulting in chronic wear-and-tear injuries.

Worse, yoga's restorative reputation can hoodwink even the most sensible yogis into powering through warning pain – something marketing executive Anna Saunders\*, 29, learnt the hard way after starting to practise daily yoga: "When my lower back became sore, I blamed it on my desk job and powered on through. I rationalised that yoga surely couldn't do any harm. Eventually, the pain became so unbearable I was

## YOGA WENT ALPHA BY DEMAND



sent for a scan and diagnosed with spondylolisthesis – one of the vertebrae in my lower spine had slipped out of alignment. I was told the condition was already there, but the intensive daily yoga had exacerbated the problem.”

## Digging deeper

At the height of my own power-yoga habit, I became adept at pushing through pain. The challenge of squeezing my stiff, desk-bound body into uncomfortable positions was addictive.

But there was a deeper pull. We know that yoga directly boosts levels of the amino acid Gaba, which is associated with feelings of wellbeing. It not only gives you an instant high, but there is the promise that regular practice will help you deal better with stress generally. The sweet exhaustion I felt by the time we were allowed to flop into savasana at the end of a session was validation that it was unwinding my body and mind.

“Yoga has many levels to it,” Zalel says. “People think that the deeper they go, the more they’ll benefit. But much of yoga’s real mental benefits come from the mindfulness you’re supposed to practise while you do it. So if you’re racing through your sequence, too busy concentrating

on mastering a pose, then you’re not going to get any of that.”

And while you’re busy chasing Zen, you forget that you’re doing something that’s making serious demands on

your body. My nightly race to the studio and speeding through sun salutations most likely resulted in a hit of cortisol that counteracted any of those Gaba benefits. I wasn’t balanced. In fact, I was heading straight to burnout.

I was like those women who go to find solace in a yoga retreat

only to burst into tears mid-session because all the stress they’re trying to escape spills over as their exhausted body can’t take any more. It’s difficult for power devotees to grasp, but the hyper-stressed could probably do well to avoid alpha yoga styles. “If you’re mentally overwrought, you should be doing a much gentler class, like a restorative yoga, which involves staying in easy, well-supported poses for longer periods of time,” de Belgeonne says. And there were times I probably would have been much better off going home and sticking on a box set.

So I started giving my power yoga classes a miss. I found some gentler Sivananda-style classes and most mornings, I’d roll out my mat at home, working my way through 15 minutes of sun salutations or whatever poses my body seemed to be able to handle that day. I felt calmer, happier. My body stayed just as toned, but that achy exhaustion disappeared. The transformation inspired me to eventually become a teacher myself and now I teach a more meditative style of hatha.

I haven’t ditched power yoga altogether; it can be so rewarding when you see an improvement in a challenging class. But ultimately, understanding when to hold back and when you can go further is the process of learning to let go of your ego and listening to what your body (and stress levels) can really cope with. **WH**

## PUSHING MY BODY BECAME ADDICTIVE

Can stand  
no more

## THE POWER-YOGA LOW-DOWN

High-intensity forms still have their place – pick one that’s right for you



### Forrest:

Not for the faint hearted, this modern power yoga makes you hold targeted poses for a long time and focuses on the core.



### Rocket:

Founded by guru Larry Schultz. Dynamic, this fast-paced form allows students to adapt moves to suit their own physical capabilities.



### Fierce Grace:

Michele Pernetta is credited with bringing Bikram yoga here from LA. Now she’s created her own mix of hatha, Bikram and ashtanga.



### Jivamukti:

Rock’n’roll, with a spiritual vibe: think Sanskrit chanting and flowing sun salutations to music. Challenging, yet fluid. And more than a little bit fun.



# The raw talent

*Imagine desserts that are sin-free, snacks that make your skin glow and mains that give you nutrient-rich satisfaction and a flat stomach. Now meet Tanya Maher, the woman who makes all of that a reality*



INTRODUCTION BY FARRAH STORR



TRISTAN GLINSKI







ack in the summer of 2007, I decided going 'raw' was a good idea. Demi Moore was espousing its virtues as a skin-plumping, waist-trimming, kind-to-the-planet way of eating. So, like most things, in the pursuit of greater health, I gave it a go.

The problem was, of course, that raw food (where you eat nothing that is heated above 48°C so that all the enzymes are preserved, thus giving you oodles of energy) hadn't quite caught on in the UK. There was nowhere that you could buy dehydrated crackers and nowhere that would sell you a bar of raw chocolate. And forget all those lovely-sounding things like raw mint choc-chip cheesecake that the health-blogging world has gone loopy for...



Things would have been very different had I gone raw today. A lot of that has to do with a slip of a place called Tanya's Café. Here, even were you not raw inclined, I would bet money on you being smitten on first bite. There are things like raw millionaire's shortbread (a nutty base, heaped with maple syrup and date caramel and cacao), raw pad thai, hangover-free superfood cocktails and multifarious takes on its now-classic raw cheesecake.

Tanya is Tanya Maher, a slip of a thing herself, Russian by birth, with a beguiling Kiwi twang (she moved to New Zealand when she was 11). Now 30, she came to London six years ago with not even a dehydrator in her kitchen.

Tanya wasn't always a raw-food enthusiast. She was once a breakfast-skipping, sugar-craving twentysomething: "I was the girl who'd eat ice cream instead of dinner and lunch." But like many health foodie narratives, she got sick. "Every few months I'd be bedridden – I thought that was normal!"

Two things happened next. One: her parents turned 'raw'. ("They looked amazing – had clear skin and so much energy.") Two: she was told that she was on the verge of diabetes.

To understand what happened next, we need to rewind a little. When she was 14, Tanya was in a car crash. A bad one – to this day, she still has a pin and metal plates that connect her spine to her hips. And the impact on her stomach meant she couldn't eat properly for weeks. Desperate, her parents turned to juices. "It was the only thing my body would allow me to keep

down... and slowly, bit by bit, I began to heal."

It was this time Tanya recalled when, 10 years later, a naturopath warned her about the risk of diabetes. So she bought a dehydrator, a juicer, a food processor and a "good, sharp knife" – the tenets of raw cooking – and got to work. "I wanted it to be more than a hobby, though," she says. "I was too excited to keep this to myself." So she cold-called yoga studios asking them if she could do raw food workshops – and to her surprise, many said yes. "I said, 'I can come at lunch and I'll bring everything: the equipment; the ingredients. You don't need to do anything, just provide a table for a demonstration and chairs for people to sit on.'"

Word must have got around because one day, she received a phone call. "The founders of the My Hotels group, Linda and Andreas, got in touch and asked me if I did wellness coaching," she says. "Without thinking, I said, 'Of course I do!'"

They were so impressed with her that they suggested they go into business together and in 2014, Tanya's was born. Go any day of the week and it is full, bursting at the seams with PTs, bloggers, exquisite mother-and-daughter combos and half the *Made in Chelsea* cast. Word has spread: now, next month, she releases her first cookbook, full of the recipes that have made her the toast of London's wholefood scene. Sure, they require time, sometimes niche ingredients and occasionally a dehydrator (see p119, although you can make do with an oven), but please believe me when I say they're worth it – especially the cheesecake.

\*DON'T HAVE A DEHYDRATOR? TRY WHACKING IN THE OVEN. SET AT 100°C, FOR TWO HOURS TILL DRY.



Craving-  
slaying brekkie

# Crunchy granola clusters

Serves 8

Cals:  
324

Sat fat:  
4g

Carbs:  
34g

Protein  
7.5g

## Ingredients

### For the crunchy mix:

- 180g sprouted buckwheat
- 60g sunflower seeds, soaked for 8 hours
- 75g hazelnuts, soaked for 8 hours
- 75g almonds, soaked for 8 hours
- 45g desiccated coconut

### For the sticky mix:

- 300g pitted dates, soaked for 4-6 hours
- 2 tbsp ground cinnamon
- 1 tbsp mixed spice
- 1 tsp Himalayan salt
- cacao powder, to taste

## Method

**1** To sprout the buckwheat, soak the dry groats for 5 hours, then rinse. Continue to rinse until the water is no longer gooey – about 4 times. Leave the buckwheat

out on a tray for 24 hours, rinsing twice in that time.

**2** Roughly chop the remaining crunchy mix ingredients, or use the pulse setting on a food processor to break them up.

**3** Blend all the sticky mix ingredients to a smooth consistency, adding the water in which the dates were soaked (if needed) to obtain a creamy texture.

**4** Combine both mixes in a large bowl, then spread the mixture on 2-3 baking sheets. Dehydrate at 47°C for 15 hours\*, then transfer onto mesh sheets and dehydrate for a further 15-20 hours until fully dry and crunchy.

**5** Break into clusters and store in an airtight container. Eat with nut milk and fruit or as an on-the-go snack.



Saturday-night-in eat

# Nut-free pizza with roasted veg

Serves 4-8

Cals:  
584

Sat fat:  
14g

Carbs:  
34g

Protein  
12g

## Ingredients

### For the pizza bases (makes 2):

- 300g courgettes, peeled, chopped
- 1 white onion, chopped
- 60ml extra-virgin olive oil
- 60ml lemon juice
- 2 tbsp nutritional yeast
- 1 tsp Himalayan salt
- 240ml rolled oats
- 130g coconut flour
- 100g ground flaxseeds

### For the rub:

- 160ml extra-virgin olive oil
- 1 tbsp dried mixed Italian herbs

- 2 tsp garlic powder
- 2 tsp cumin
- 1 tsp paprika
- 1 tsp chilli powder
- ½ tsp Himalayan salt

### For the topping:

- 1 large carrot, sliced
- 1 pepper, deseeded and sliced
- 1 red onion, sliced
- 300g cherry tomatoes, quartered
- 200g button mushrooms, chopped
- seasonal vegetables, sliced
- 100g Ketchup (see right)
- 100g Cultured Cheese (see right)

## Method

**1** Combine all base ingredients, except the rolled oats, coconut flour and flax, in a food processor until smooth. Add the remaining ingredients, then blitz. Divide the mixture into 2 parts, place on baking paper and use a spatula to mould each mound into a ½in thick pizza-base shape.

**2** Dehydrate at 48°C for 8 hours\*. Flip over onto mesh trays, peel off the paper and return to the dehydrator for another 12 hours.

**3** Combine rub ingredients in a bowl, add the vegetables and stir well until evenly coated. Distribute the coated vegetables across baking paper and dehydrate at 48°C for 2-4 hours\*. Set the timer, and check the veggies from time to time.

**4** Smear ketchup over the bases. Load with the vegetables, scoop on blobs of the creamy cheese. To serve, top with olives and sprinkle with basil leaves. Collapse with the effort of it all.

\*LIQUID PROTEIN CONCENTRATE. DERIVED FROM SOYBEAN; TRY BRAGG LIQUID AMINOS. E1199; CARDIOPROTEIN.NUTRITION.CO.UK.



## CULTURED CHEESE

### Ingredients

- 130g cashew nuts, soaked for 4-6 hours
- 70g macadamia nuts
- 180ml filtered water
- 2 tbsp lemon juice
- 2 probiotic capsules, powder only
- ½ tsp Himalayan salt

### Method

1. Combine ingredients in a blender until creamy. Line a colander with a folded cheesecloth and scoop the mixture onto the cloth.
2. Fold over the cloth and turn over the parcel, ensuring no mixture can seep through the edges.
3. Position a plate onto the cheese in the colander and carefully put a weight on top. Place the colander on another plate to catch the 'whey', then set aside somewhere draught-free for 24-48 hours.
4. Serve, or transfer into a sealable jar and store, refrigerated, for up to 2 weeks.

## KETCHUP

### Ingredients

- 150g sundried tomatoes, soaked for 4-6 hours, plus 120ml water
- 150g pitted dates, soaked for 4-6 hours, plus 120ml water
- 300g ripe tomatoes, chopped
- 60ml apple cider vinegar
- 60ml balsamic vinegar
- 10g nutritional yeast
- 2 tbsp liquid aminos
- 2 garlic cloves
- ½ tsp paprika
- salt and pepper, to taste

### Method

Put all the ingredients in a blender and blitz until you have a thick, smooth paste. You may need to pulse a few times and stop to check and adjust the seasoning. Transfer to an airtight container and refrigerate for up to 4 weeks.



Detox  
dip

## Smoked pepper 'hummus'

Serves 4

Cals:  
266

Sat fat:  
3.5g

Carbs:  
4g

Protein  
8g

### Ingredients

- 1 large courgette, chopped
- 60g sunflower seeds, soaked for 4-6 hours
- 50g sundried tomatoes, soaked for 2-4 hours
- 90g raw tahini
- 2 tbsp extra-virgin olive oil

### Method

- 1 Without a chickpea in sight, this 'hummus' comes with all the comforting creaminess and none of the bloat factor. Throw everything in a high-powered blender and whirl into a rich, thick consistency.
- 2 Transfer the mixture to an airtight container and refrigerate immediately. Keep for up to 5 days. Dip to your heart's content.





Bolognese  
upgrade



# Spaghetti nut balls

Serves 6-9

Calcs:  
273

Sat fat:  
3g

Carbs:  
13g

Protein  
8g

## Ingredients

- 250g portobello mushrooms, peeled and thinly sliced
- 100g walnuts, soaked for 4-6 hours
- 135g pumpkin seeds, soaked for 4-6 hours
- 2 carrots, grated
- ½ white onion, chopped
- 1 tbsp dried mixed Italian herbs
- 35-50g ground flaxseeds
- 2 medium courgettes, spiralsised

## For the mushroom marinade:

- 3 tbsp liquid aminos
- 2 tbsp apple cider vinegar
- 2 tbsp lemon juice
- 2 garlic cloves, minced

## For the bolognese sauce:

- 3 medium tomatoes, chopped
- 20 sundried tomato halves, soaked for 4-6 hours

- 1 red pepper, deseeded, chopped
- juice 1 lemon
- 20g fresh basil
- 3 medjool dates, pitted
- 3 tbsp extra-virgin olive oil
- 1 tbsp mixed Italian spices
- ½ tbsp garlic powder

## Method

**1** Put the sliced mushrooms in a bowl, add the marinade ingredients and stir well. Set aside for at least 1 hour (ideally 6 hours).

**2** Rinse the walnuts and put them, along with the pumpkin seeds, carrot, onion and herbs, in a food processor with an S-blade. Add flaxseed – the amount you need depends on how much of the mushroom marinade is left.

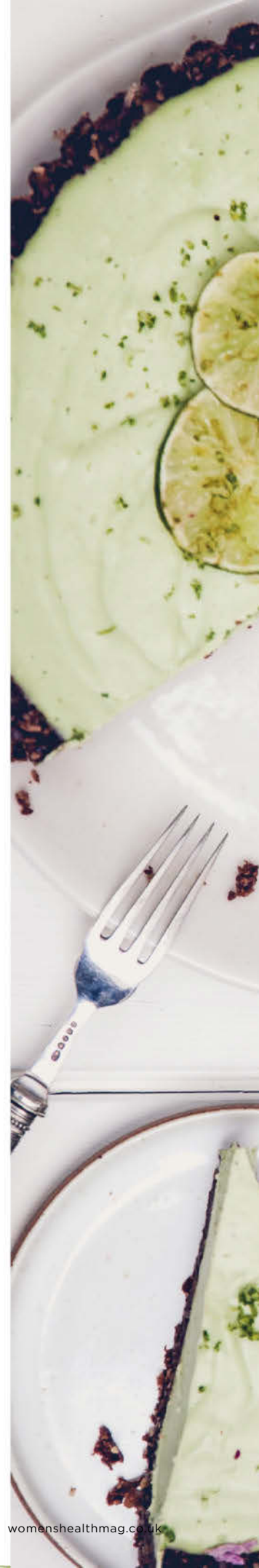
If there's only a little, add only 35g flaxseed; if your mushrooms are drowning, add all of it.

**3** Add the mushrooms and marinade. Pulse until combined, then scrape down the sides of the bowl and process to a paste.

**4** Roll the mix into balls (the larger they are, the longer they'll take to dehydrate). Distribute the balls across dehydrator mesh trays and dehydrate at 47°C for 8 hours¹.

**5** Later, blitz the bolognese ingredients into a sauce.

**6** Add a generous helping of the sauce on each plate, sit a bed of courgette noodles over it. Finish by assembling a few nut balls on top to serve. *Bellissimo*.







RAW FEASTS  
REAL EFFECTS

Just  
desserts

# Key lime pie

Serves 12

Cals:  
380

Sat fat:  
20g

Carbs:  
11g

Protein  
5g

## Ingredients

- 225g pitted dates, soaked for 4–6 hours only if too dry
- 100g walnuts
- 45g desiccated coconut
- 30g cacao powder
- 1 tsp Himalayan salt

## For the filling

- 200g cashew nuts, soaked for 8 hours
- 240ml lime juice
- 1½ ripe avocados
- ½ ripe mango
- 210g coconut oil, melted
- 110g agave nectar

## Method

**1** Blitz the crust ingredients in a food processor.

Transfer the mixture to a 9in loose-based tart tin. Using your fist, press the mixture evenly into the base of the tin and up the sides.

**2** To prepare the filling, blend all the ingredients on a high-speed setting, or pulse in a basic blender, until smooth and creamy.

**3** Pour the filling into your shaped crust and shake the tin a little to even out the coverage.

**4** Refrigerate for at least 3 hours to set.

Try not to look smug when you serve. **WH**

Recipes from *The Uncook Book* by Tanya Maher (£16.99, Hay House), out 7 September. To pre-order, visit [womenshealthmag.co.uk/TanyasCafe](http://womenshealthmag.co.uk/TanyasCafe)

## FEELING DEHYDRATED...

It's the ultimate piece of kit for the raw foodie. Here are three to suit any budget



**My Kitchen Food Dehydrator**  
(£49.99, [lakeland.co.uk](http://lakeland.co.uk))

Gently heats bite-size snacks to extract moisture without cooking.



**Excalibur 9 Tray Dehydrator With Timer**  
(£289.99, [ukjuicers.com](http://ukjuicers.com))

The powerful fan dehydrates larger items, like pizza bases, evenly.



**Tribest Sedona Dehydrator**  
(£449.95, [tribest.co.uk](http://tribest.co.uk))

It's got a digital display and window so you have more control over the drying.

ADDITIONAL PHOTOGRAPHY: GETTY IMAGES. NUTRITIONAL INFORMATION IS PER SERVE. ANALYSIS BY RHIANNON LAMBERT (RHITRITION.COM). \*IF YOUR KITCHEN IS LACKING IN THE DEHYDRATOR DEPARTMENT, BAKE THE BALLS IN THE OVEN, SET AT 100°C, FOR 15 HOURS



*Never mime  
the Botox*

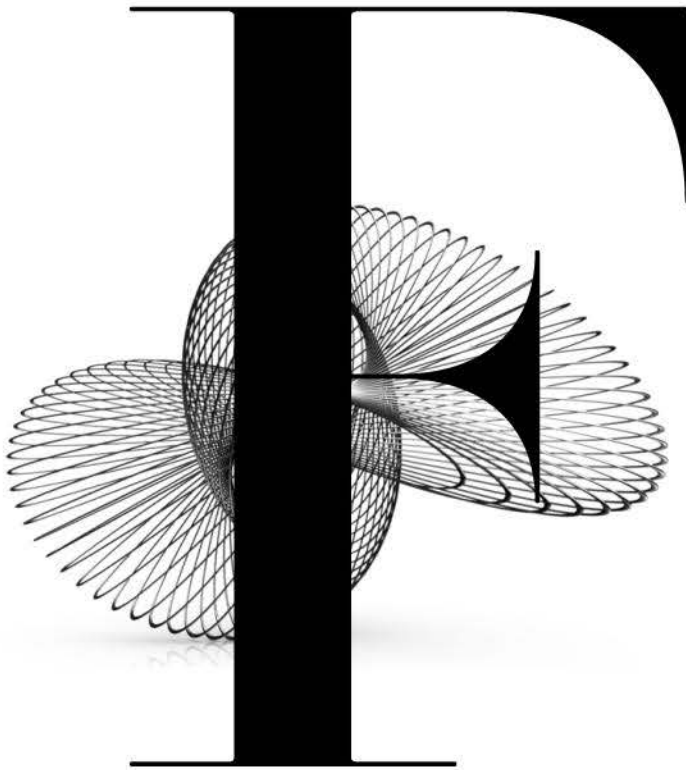


CROSSING

THE

# LINE

*WH's Beauty Editor is about to surrender to the syringe. But is Botox still the best response to unwelcome lines? Amy Lawrenson investigates the latest developments at anti-ageing's cutting edge and whether they offer alternatives for the needle-averse...*



irst, a disclaimer: I've had Botox. Once. Two years ago. Twenty-eight might sound young to start freezing parts of your face, but I've always had a forehead that's sprung up and down like a hyperactive toddler – and, as a beauty editor, anything's game in the name of research. And, here's the thing: *I loved it*. I looked like I'd had a *really* great facial, the effects of which just happened to last a few months. But my sojourn with a syringe was a one-time thing. Partly because it felt like cheating. How could I lift weights in the gym to boost my bum while taking the shortcut to a plumper face? But also, I was behind the curve: by the time I'd got to it, there'd been one pillowy profile too many on the red carpet. A backlash had begun. The A-list were publicly ditching it, amid warnings of expressionless faces and muscle deterioration in later life. Yet the statistics contradict all the suddenly moveable foreheads. Botox was, and still is, big.

The latest figures from the International Society of Aesthetic Plastic Surgery show at least 5.1 million Botox injections are administered worldwide annually.

So this is the real story – Botox didn't get dumped, it just got better. "Botox had been used wrongly for years," says Dr Michael Prager, a renowned UK cosmetic doctor. "Most doctors think it's the face-moving that's the problem. Your face moves at 18 and you don't get lines because you have plenty of collagen. At 45, that collagen has depleted, so the logic becomes, 'Stop the movement, stop the lines'. Some people still think a frozen face is the sign of a good treatment."

But for those who don't want to be a 'Botox bunny', injectables are now an altogether more subtle affair. "These days, doctors will use fewer units per treatment," says Dr Tapan Patel, cosmetic dermatologist and owner of the PHI Clinic on London's Harley Street. "We can inject up to 25 units, but that's going to result in a frozen face. Unless women demand that 'done' look, it's better to reduce the number of units to 12 or 15, even if it means having residual lines."

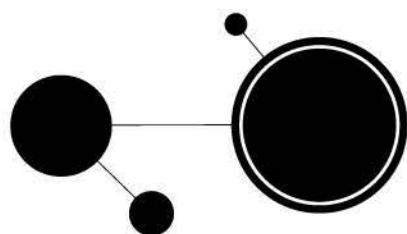
The rise of 'natural' Botox means the type of women opting for it has also changed. Cosmetic anti-ageing specialists Courthouse Clinics report that the number of women under the age of 30 having Botox has increased by 75% in four years. "Younger women use it as a preventive treatment."

And it's exactly this effect I'm after. I'm not alone: I've had multiple friends ask me, in confidence, for Botox recommendations. Because mention the B word and it divides women – into those who love it and those who see an injection for vanity's sake as a line they just won't cross. Since I still don't know exactly where I sit on that spectrum, I decided to look beyond the needle and see what else science is offering up...





*Working on her needlepoint*



## THE APPROACH: *TOPICAL BOTOX*

**O**n the edge of Silicon Valley, the home of the world's tech game changers, biopharmaceutical company Revance has been working on a paradigm shifter of its own – a topical form of botulinum toxin type A, currently called RT001. It's a world first. "RT001 undoubtedly works," dermatologist Dr Nick Lowe says. "It's a good option for crow's feet because it penetrates

more readily into thin skin (injections in this area can cause bruising). The question is whether it lasts as long as traditional botulins. But then, without needles, patients should be able to be treated a little more frequently," he adds.

RT001 has been 13 years in the making and is now in its final stages of development, after which the US Food and Drug Administration will determine

its future. Why has it taken so long for us to come close to such a product? "The botulinum molecule is big, which is why a needle has always been required to deliver it across the skin's barrier," explains Jacob Waugh, Revance co-founder and medical researcher. Waugh and his team have created a needle replacement, TransMTS, which, put simply, ferries peptides through the skin to specific nerve receptors that control the muscle. Here, it's released, preventing the movement that causes lines. Early trials have shown impressive results: 89% of subjects saw improvement in their crow's feet and the

effects lasted about four months, similar to those of injectables.

While we wait for a potential launch date, the industry is scrambling to offer the best at-home topical smoother. Roloxin Lift (£79 for 10 applications), a mask developed by chemists at the Israeli Institute of Technology,

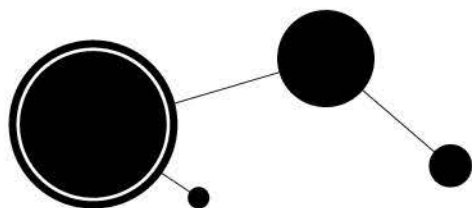
caused a stir when it launched in the US last year – it had the beauty world calling it the closest thing to 'Botox in a bottle'.

Clinical trials

saw a 50% reduction in crow's feet. Now available in the UK, its effects only last for about 12 hours and it doesn't have any preventive effect, but for a special-event line smoother, it's a winner.

## It's the closest thing to 'Botox in a bottle'





## THE APPROACH: *HYALURONIC ACID*

**F**illers – a word that strikes fear into the cheekbones of people everywhere. In reality, they're another example of a treatment abused and overused, their puffy consequence snapped by obliging paparazzi. But their core ingredient is what you should be interested in – hyaluronic acid, a naturally occurring substance that helps skin retain moisture.

"As we age, hyaluronic acid production diminishes," Lowe says. "Despite the bad reputation, in the right hands, fillers can work wonders. As [hyaluronic acid filler brand] Sculptra dissolves, it stimulates collagen production, and has been found to improve lines." As for the puffy faces? "Poor technique," Lowe says. "Done subtly, fillers won't give that look."

Up until now, hyaluronic acid creams have only gone so far. This is because wrinkles work like this: fine lines appear when the upper layer of the skin, the epidermis, loses moisture. Whereas the more stubborn wrinkles are formed deeper in the dermis. "Hyaluronic acid molecules work to attract moisture in the outer layers giving a plumper look. The molecule is too big to penetrate deeper," Lowe says. Products with hyaluronic acid, and even the more basic glycerin, will hydrate skin reducing appearance of wrinkles – but the effect is temporary.

Chemists have been working on making smaller, fragmented particles with a higher mass so they can reach the deeper layers and there are already products on the market

claiming this technology. Lowe is sceptical; he believes if these particles really could drive that deep, then they would be prescription only. Joe Lewis, CEO of US Cosmeceuticals, LLC and the man who invented idebenone (the key antioxidant ingredient in Elizabeth Arden's Prevage range) is also yet to be impressed: "Fragmented hyaluronic acid particles could potentially cause inflammation. It is far better to stimulate your body's own production instead."

That's not to say we won't, in future, be able to drive smaller hyaluronic acid particles into the skin without inflaming it, but Lewis believes it will take time. For now, he recommends products with alpha hydroxy acids (AHA), proven to stimulate the production of hyaluronic acid in your skin. Dr Robert Stern, who has dedicated his life's work to investigating hyaluronic acid, carried out one study\* that found the AHA lactic acid was particularly good at stimulating hyaluronic acid production. Try Rodial Super Acids X-Treme Acid Rush Peel, £75, containing the AHAs glycolic and lactic acid.



*Budget  
facelift*

# "Hyaluronic acid works to attract moisture, giving your face a plumper look"



## FLAT OUT

Three surprising Botox alternatives that really work



### The weird pillow:

**JuveRest The Sleep Wrinkle Pillow**, around £105, forces you into an anatomically correct sleeping position and minimises skin damage by limiting contact between your face and the pillow, whether you sleep on your back or side.



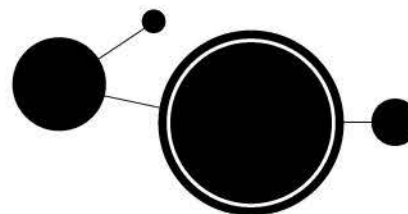
### The cocoon compound:

**Sericin**, found in silkworm cocoons, is what binds the threads together. With 18 amino acids, it's been shown to replenish collagen. Bizarrely, you can buy the cocoons on Amazon for as little as 95p. Soak, then massage onto skin.



### The essential oils:

Prager may be a Botox enthusiast, but he also recommends natural oils – rose hip, olive and hemp – to help boost collagen production. Okay, they won't iron out lines fast like Botox, but they will help keep skin plump for longer.



## THE APPROACH: COLLAGEN

**C**ollagen – the protein that plumps our skin – has always been anti-ageing's keystone. “When your skin is full of collagen, it doesn't matter how much your face is moving, the skin will be smooth and have volume,” Prager says. Unfortunately for us, collagen naturally starts to decrease from our mid-twenties. So, the question has always been, how do you replenish it?

Though clinical trials of collagen supplements have shown ingesting the molecule can improve skin elasticity and hydration by around 7% in eight weeks, topical solutions have always been dismissed because (you'll see a theme here) the molecule is too big to pass through the skin's barrier. Despite some brands claiming collagen as a star ingredient in the past, the key is to trigger your body to replenish its own collagen. As far as treatments go, the traditional way of doing this has been to cause ‘pseudo damage’, with treatments like needling, so the skin responds by pumping out more collagen.

“But I believe it's a mistake to repetitively damage the skin,” Lowe says. “If you keep going, inflammation will counteract the positive effects. Too much will lead to damage and later, wrinkling and sagging.”

Lowe believes the most effective way to boost collagen topically is with a prescription-strength Retin A. “There is strong ongoing evidence it stimulates fibroblast activity to produce new collagen and regenerate the outer skin.”

But there are over-the-

counter options that have shown impressive results, too. At the recent Facial Aesthetic Conference & Exhibition in London, skincare brand NeoStrata revealed its latest launch Skin Active Dermal Replenishment, £65. The serum contains Matrixyl, a peptide that the University of Reading found can almost double the amount of collagen our cells produce. Another topical, Exuviance Collagen Triple Boost Serum, £60, also boasts the addition of gardenia cell extract, found to not only up collagen production but also block enzymes that degrade collagen as we age.

Another proven way to boost collagen is with red LED light treatment. “Red LEDs energise the cells in much the same way a plant uses the sun's energy to grow,” said Dr Daniel Barolet, author of a study published in the *Journal of Investigative Dermatology* that found pulsing LED light increased collagen and decreased collagen-degrading enzymes. The patterns of pulses communicate with the skin, sending messages to improve tone, reduce pore size or boost collagen. In fact, participants experienced a 50% increase in collagen after three treatments per week for four weeks.

Currently, LumiPhase-R is the one machine to deliver the light in this way, and is only available in Canada. Until it comes over here, static red LED light is a viable alternative, targeting the various layers of the skin via different wavelengths to trigger collagen production. The LightStim, £249, a red LED device, is your best at-home solution. **WH**

# GRAINS FOR ON THE GO

Pushed for time? You can still find the fuel you need to maintain the waistline you want

When you're juggling job and gym, the healthy option isn't always the easy option. Slaving away over a stove to get dinner on the table is the last thing you want after a long day at work – or fat-burning circuits session. Uncle Ben's® Rice and Grains combines

ingredients that are naturally great together to give the healthy, waistline-friendly boost you need in a matter of minutes. Packed with fibre, vitamins and minerals; you get the slimline nutrition you crave, whether you're prepping dinner at home or battling the queue in the office kitchen. What are you waiting for?



## GRILLED CHICKEN WITH VEGETABLES, WHOLEGRAIN & QUINOA

Serves 2

★ 1 pouch Wholegrain & Quinoa ★ 2 chicken breasts ★ 1 courgette, sliced ★ 100g mange tout ★ 1 small red chilli, finely sliced

### Method:

Heat a grill to medium-high heat. Brush the chicken breasts with olive oil before placing on the grill to cook for about 20 mins, turning after 10 mins. (Ensure the chicken is thoroughly cooked.)

Meanwhile, steam the courgette slices and the mange tout for a few minutes. Squeeze Wholegrain & Quinoa pouch to separate the rice, tear 3cm to ventilate, then microwave on full power for 90 secs or stir in a pan for 2 mins. Arrange the rice on a plate, place the grilled chicken on top with the courgette and mange tout to the side and garnish with red chilli slices to serve.





## DID YOU KNOW?

As well as boosting your fibre content, rice and grains come with individual health benefits



### BROWN RICE

Containing 27% of your selenium RDA, this trace element is proven to regenerate vitamins C and E in the body, thereby decreasing your skin's ageing.



### WHOLE WHEAT

A major source of fibre in every Uncle Ben's® pouch, this ingredient can help lower the risk of breast cancer. Upping your dose can reduce your risk by 52%.



### QUINOA

Packed with the essential B vitamin, riboflavin, this helps you produce energy and is an antioxidant that fights harmful free radicals in your body.



### PAN-FRIED SALMON WITH TOMATO AND PAK CHOI WITH WHOLEGRAIN & QUINOA TOMATO & BASIL RICE & GRAINS

Serves 2

★ 1 pouch Wholegrain & Quinoa Tomato & Basil ★ 2 salmon fillets ★ salt and pepper, to taste ★ 1 lemon, sliced for juice and garnish ★ 1 pak choi ★ 25g butter & 15g for pak choi ★ 100g cherry tomatoes ★ 1 red onion, sliced

#### Method:

While the butter is melting in a frying pan, season the salmon with freshly ground salt and pepper. Add the salmon to the hot pan and squeeze a little lemon

on top. Pan fry the salmon fillets for 2-3 mins on one side, then 1-2 mins on the other. Meanwhile, blanch the pak choi in salted water for 2-3 mins before sautéing it in butter for 3 mins. Squeeze the Wholegrain & Quinoa Tomato & Basil pouch to separate the rice, tear 3cm into the pack to ventilate then microwave on full power for 90 secs or stir in a pan for 2 mins. Arrange the rice, pak choi, cherry tomatoes and onion on a plate and place the salmon on top. Garnish with lemon slices.



### MIXED BEAN AND 5 WHOLEGRAINS SALAD

Serves 2

★ 1 pouch 5 Wholegrains ★ 100g French beans ★ 200g mixed beans ★ 1 small red onion, finely sliced ★ 1 red pepper, deseeded and diced

#### Method:

Bring a pot of water to the boil and plunge the French beans in the water for 1 min before cooling under

a running cold tap. Squeeze 5 Wholegrains pouch to separate the rice, tear 3cm to ventilate, then microwave on full power for 90 secs or stir in a pan for 2 mins. Then mix 5 Wholegrains together with the cooled French beans, mixed beans, red onion and red pepper. Spoon onto a plate to serve.

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# LIVE WELL

✦ UPGRADE YOUR LIFE ✦

I

SAVE TIME (NOT MONEY) ON...

## CONCIERGE FITNESS

Fitting in an hour's workout is doable. Staying ahead of the fitness curve – finding the latest classes before they become overrun with upsettingly hard-bodied teenagers, unearthing that particular sports bra that won't boost your back fat more than your cleavage – well, that takes a little more time. Thankfully, there's a new wave of companies offering to do the leg work. Bar actually jumping on the treadmill and sweating for you, these concierge services are doing for wellness what luxury travel companies have been doing for holidays for years, namely creating bespoke packages tailored to you, as well as getting you access to the very best people and places. Want to VIP your routine? Turn the page...



WORDS: AMELIA JEAN JONES; VICTORIA JOY; LAURA HILL; AMY LAWRENSEN; JULIA SCIRROTTO. PHOTOGRAPHY: CLAUDIA & RALF PULMANN/STRUNK ARCHIVE; WILLIE KESSEL/THELICENSINGPROJECT.COM; GALLERY STOCK



*From bespoke detox packages to on-demand PTs, here are the concierge services we've got on speed dial...*



### The complete curation:

**Well Aware, [wellawareuk.com](http://wellawareuk.com)**

Whatever your fitness beef – distance, time or a serious case of CBA – Well Aware will sort you right out. From booking you into sold-out classes to driving you to buy the latest luxe sportswear, the team takes care of it all. For the wealthy and the perennially needy.

**Cost:** Set packages from £300

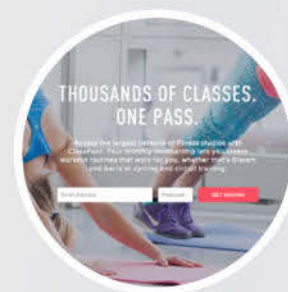


### The well connection:

**Ellidore, [ellidore-lifestyle.com](http://ellidore-lifestyle.com)**

The wellness branch of this concierge lifestyle service arranges the sort of health and fitness solutions the six-figure set require: whether it's a pre-wedding training package, weekend detox or fitness challenge holiday (think ultra-marathon followed by five-star spa) their insider access gets you the best experts and most exclusive establishments. You pay, you get.

**Cost:** From £250



### The class master:

**ClassPass, [classpass.com](http://classpass.com)**

Always signing up to blocks of classes and not following through? You're a fickle group-fitness fan – which is okay now that ClassPass is on the scene. Book anything from Pilates to pole dancing at tons of different gyms and studios using a single website. You'll never have to do the same routine again.

**Cost:** £89pm







### The on-demand workout: PTfindr, ptfindr.com

The fitness equivalent of match.com, this website hooks you up with local one-to-one trainers. Enter your goals, budget and time, and a few clicks later, a super-fit motivation machine will knock at your door. Or knock down your door, depending on how hard-core they are. Already in London and parts of Kent, it's set to launch nationwide soon.

**Cost:** £15-£200 per session

### TIP

Strapped for cash and time? A study\* revealed that planning in advance where and when you'll work out can triple your chances of actually doing it.

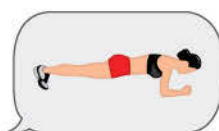
\*SOURCE: BRITISH JOURNAL OF HEALTH PSYCHOLOGY. \*AMAZON.CO.UK

2


WH FEELS IT'S TIME FOR A FEW MORE...

## HEALTH EMOJIS

Emojis: once the domain of people who don't believe apostrophes belong in text messages; now the world's fastest-growing language. Although we do feel there's a gap in the wellness emoji lexicon. May we suggest the following...




as in...

BTW I'm texting you mid  – that's how boring my Pilates class is.




as in...

Hey! I know we said we'd meet for a  but, er, GIN??? x



as in...

OMG. I think I might be over . WTF am I going to eat for breakfast/Instagram now?

3

NOT ONE FOR A MANTRA? THEN DE-STRESS WITH...

## MINDFUL HOBBIES

If you've neither the hip flexors nor the mental capacity to nail an hour in lotus, listen up. Mindfulness – the meditative art of 'being in the moment' – comes in many guises (not least the workout on p27). "Activities that encourage the brain to focus on a detailed task can deliver the same mindful benefits," says Dr Elizabeth Sparkes, co-founder of the Midlands Centre for Mindfulness and Compassion. Get involved...

### Sushi crafting

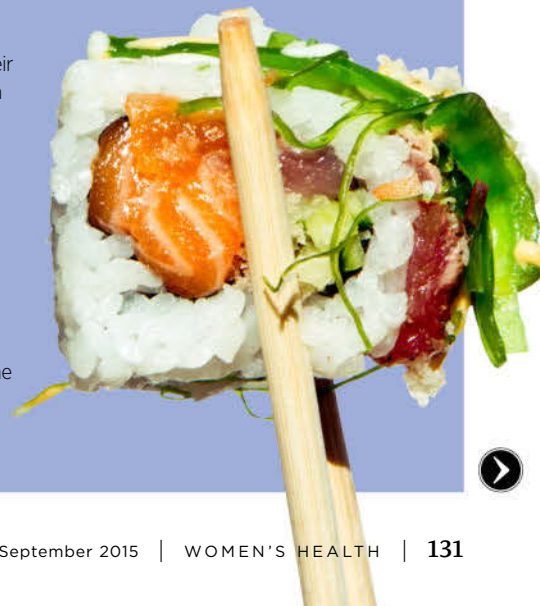
No room for a wandering mind here – some masters take 10 years to hone their skills. Sharpen your knives (and brain) on a Your Sushi course (yoursushi.co.uk).

### Chinese calligraphy

Practising the fluid strokes relieves tension and encourages calm. Get your ink on with *Calligraphy Kit* by Newhall and Metcalfe (£12.99, Walter Foster)\*.

### Colouring in

Colouring books are no longer just for the playground. Grown ups can get creative with *Colour Me Mindful: Underwater* by Anastasia Catris (£4.99, Orion)\*.



4

NOW'S THE PERFECT TIME TO...

# GO SURFING

While your wave-riding fantasies may well resemble the scene to your right, the reality will probably look more like you're attempting to take a stealth s\*\*\* in a onesie. Once you've accepted that, it's all fun and games.

And good news: now's the best time to unleash your inner surf chick.

"The sea is a huge, cold place to heat so it lags about a month behind the air temperature," explains Ed Temperley, editor of surf forecasting website [magicseaweed.com](http://magicseaweed.com). And every degree counts in these waters.

Fake your way to not looking like a barney\* using our guide:

## THE WAVES

1

### Surf: Newquay, Cornwall

Look beyond the hen/stag parties and last night's detritus for a truly beautiful location with plenty to do and see – it's called Fistral Beach.

### Sleep: The Scarlet

Serious eco-credentials – plus clifftop hot tubs ([scarlethotel.co.uk](http://scarlethotel.co.uk)).

### Eat: The Beached Lamb Café

Fuel up with big breakfasts and vegan-friendly fare (Twitter [@thebeachedlamb](https://twitter.com/thebeachedlamb)).

2

### Surf: Saunton, Devon

Learners should avoid the barrelling peaks of Croyde. Round the corner is Saunton's gentle rolling waves and acres of space.

### Sleep: Saunton Sands Hotel

Art deco style, with substance – the staff will book surf lessons for you ([sauntonsands.co.uk](http://sauntonsands.co.uk)).

### Eat: Wild Thyme Cafe

Enjoy dishes made with ingredients picked fresh from the garden ([wildthymecafe.co.uk](http://wildthymecafe.co.uk)).

3

### Surf: Gower Peninsula, Wales

Quieter than across the Bristol Channel, this is an area riddled with quality camp sites. Pack the tent and a few mates and hit the road. Or luxe it up at...

### Sleep: Fairyhill Hotel

A five-star ivy-covered manor with an award-winning restaurant and spa to help you relax after your surf ([fairyhill.net](http://fairyhill.net)).

### Eat: Welcome to Town

Does what it says on the tin. Laverbread, anyone? ([welcometotown.co.uk](http://welcometotown.co.uk))

4

### Surf: Saltburn, North Yorkshire

Your northern option. And yes, you can surf in the North Sea. Just make sure you pack your neoprene long johns and a can-do attitude.

### Sleep: The Spa Hotel

A few minutes from the beach, with surf-school packages ([thespahotel.saltburn.co.uk](http://thespahotel.saltburn.co.uk)).

### Eat: The Seaview

Treat yourself to fish and chips – you'll earn it (the [seaviewrestaurant.co.uk](http://seaviewrestaurant.co.uk)).

## THE LINGO

Pro surfer Corinne Evans' deciphers a few surf-centric one-liners – so you don't have to just nod and smile.

**Surfer says:** "That looked like a pretty bad wipeout. You okay?"

**Surfer means:** Remember the end of Point Break? You just recreated that. Only with 2ft-high waves.

**Surfer says:** "Looks like a glassy swell out there today."

**Surfer means:** The smoother the surface, the better the wave – relevant should you ever manage to stand up.

**Surfer says:** "Do you surf regular or goofy?"

**Surfer means:** Do you put your right foot at the back of the board (regular) or your left (goofy)? Or are you just sticking with belly down?







5

AND FINALLY, THE WH...

# PRANK CALL

This month, we try-out new PT app TruBe<sup>†</sup>, which lets you book “flexible, on-demand” sessions. But just *how* flexible?

**WH:** Hi, I've booked a 'partner workout'.

**PT:** *Lovely to hear from you!*

**WH:** Can we make our session earlier?

**PT:** *Earlier than 5.30am? Erm, not tomorrow as I've got a packed schedule. It would be fine in advance.*

**WH:** Okay. Also my 'workout partner' is my dog.

**PT:** *That's awesome! We could do some running, providing she can keep up.*

**WH:** Can I ask you don't wear red? My colour therapist says it makes me anxious.

**PT:** *Well, we usually wear black anyway, but I'll make sure there's no red in there.*

**WH:** I can't function without caffeine. Can you bring me a coffee with almond milk?

**PT:** *I don't know your hood well, but if I find somewhere open, I will. We want you to be firing on all cylinders!*

**Verdict:** Even more flexible than BKS Iyengar. **WH**



## THE KIT

These multi-tasking pieces offer value even, if you fall at the first wave



**Duskii Get Wet leggings, £190**

Soft neoprene means you can wear these for paddling *and* lounging.



**Roxy Wetsuit OnePiece, £60**

Stylish enough for Ibiza pool parties; warm enough for British seas.



**Splendid Untamed Surf Crop and Bottoms, £70**

No one would know this two-piece is made out of surf-friendly fabric.



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# THE HEALTH &



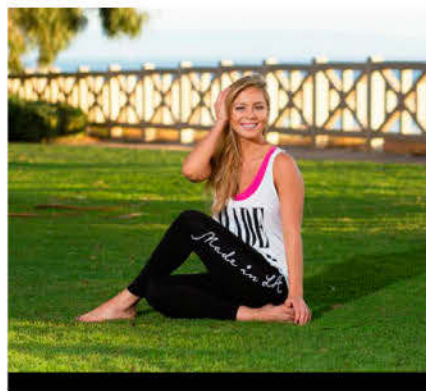
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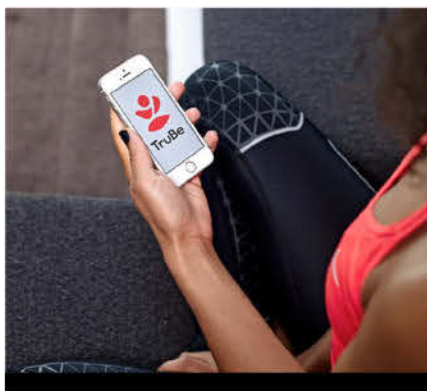
### MADE IN LA\*

Organic cotton yoga pants with a great fit made in Los Angeles.  
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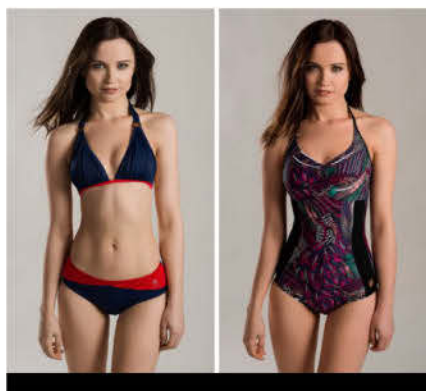
### UDAYA

The premier yoga streaming service now in the UK. Made by people who love yoga; for people who love yoga.  
[Udaya.co.uk](http://Udaya.co.uk)



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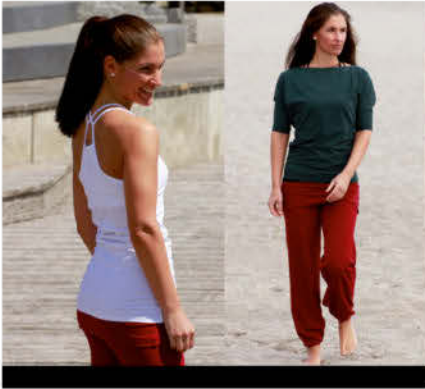
Work out whenever, wherever you want with the new on-demand fitness app, TruBe.  
[www.trubeapp.com](http://www.trubeapp.com)



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# STYLE EDIT

## LOOK AFTER YOURSELF THIS MONTH



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Active wear designed for every lifestyle. What's your mantra? [www.mantrafitnessapparel.com](http://www.mantrafitnessapparel.com)



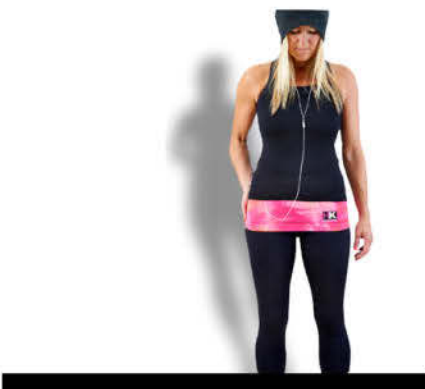
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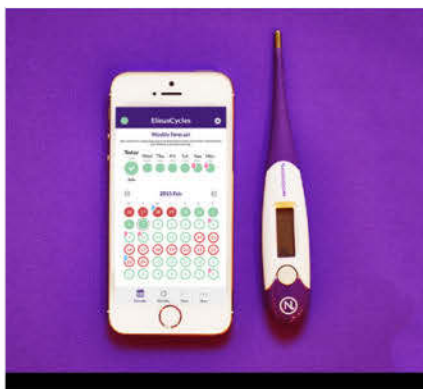
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Visit [www.Londonactivewear.Com](http://www.Londonactivewear.Com) to view our fabulous collection.



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# Women's Health

First Gwyneth, then Blake, now Kim K... But what would team WH call their lifestyle blogs?



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Emily Murphy  
imbakingbltch.co.uk



**Editor**  
Farrah Storr  
countryphile.com



**Art Director**  
Nick Thackray  
whathappensinvegas.com



**Deputy Editor**  
Katie Mulloy  
seriouslyijustwantapuppy.com

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girliftsheavy.com



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Victoria Joy  
thebattenberglar.com



**Junior Writer**  
Amelia Jean Jones  
thefailingfoodie.com

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**Chief Sub Editor**  
James Merrett  
toooldforthissht.co.uk



**Deputy Chief Sub Editor**  
Agilene De Villa  
germaphobesanonymous.com.au

## ART



**Deputy Art Editor**  
Faye O'Sullivan  
eatssleepavocadorepeat.com



**Junior Designer**  
Harry Winfield  
justchilling.com



**Picture Assistant**  
Yanina Iskhakova  
dontcallmeeurotrash.fr

## WEB / FASHION



**Online Editor**  
Amy Hopkinson  
nicegirlcantdance.com



**Fashion Editor**  
Charlie Lambros  
ifonlyitcameinblack.com



**Fashion Editor-At-Large**  
Karen Foster  
havingablondemoment.com

## CONTRIBUTORS

**Editor-At-Large:** Victoria Pendleton

**Beauty:** Bobbi Brown **Fitness:** James Duigan **Nutrition:** Rosemary Ferguson **Sex:** Zita West **Yoga:** Nahid de Belgeonne

**Co-conspirators:** Emma Gray, Olivia Hall, Laura Hill, Amelia Rachel Jones, Francesca Menato, Lisa Morgan, Imogen Orchard, Jessica Oversier, Georgia Posner, Jessica Powell

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**Advertising Enquiries** 020 7339 4684

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# STOCKISTS

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*Collection*  
• leggings,  
£127, *We Are*  
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• trainers, £270,  
*Y-3*

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**Mac** [maccosmetics.co.uk](http://maccosmetics.co.uk)  
**Marks & Spencer**  
[marksandspencer.com](http://marksandspencer.com)  
**Michael Kors** At Escentual  
**Mio** [mioskincare.co.uk](http://mioskincare.co.uk)  
**Molami** [molami.com](http://molami.com)  
**Muji** [muji.eu](http://muji.eu)

## N

**Neostrata** [neostrata.com](http://neostrata.com)  
**Net-A-Porter**  
[net-a-porter.com](http://net-a-porter.com)  
**Nike** [nike.com](http://nike.com)

## O

**Olympia Activewear**  
At Fashercise

## P

**Patagonia** [patagonia.com](http://patagonia.com)

## Q

**QVC** [qvcuk.com](http://qvcuk.com)

## R

**Rituals** [rituals.com](http://rituals.com)  
**RMK** At Selfridges  
**Rodial** [rodial.co.uk](http://rodial.co.uk)  
**Roxy** [roxy-uk.co.uk](http://roxy-uk.co.uk)

## S

**Selfridges** [selfridges.com](http://selfridges.com)  
**Space NK** [uk.spacenk.com](http://uk.spacenk.com)  
**Spinali** [spinali-design.com](http://spinali-design.com)  
**Splendid** [splendid.co.uk](http://splendid.co.uk)  
**Sunday Riley** At Space NK  
**Swatch** [swatch.com](http://swatch.com)

## T

**The Library of Fragrance**  
At Boots  
**Theory** [theory.com](http://theory.com)  
**Tissot** [tissotshop.com](http://tissotshop.com)  
**Too Faced** At Debenhams  
**Topshop** [topshop.com](http://topshop.com)

## U

**Urban Decay**  
[urbandecay.co.uk](http://urbandecay.co.uk)

## W

**We Are Handsome**  
[wearhandsome.com](http://wearhandsome.com)

## Y

**Y3** [storey-3.com](http://storey-3.com)

## A

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**Clinique** [clinique.co.uk](http://clinique.co.uk)  
**Cult Beauty**  
[cultbeauty.co.uk](http://cultbeauty.co.uk)

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**Dermalogica**  
[dermalogica.co.uk](http://dermalogica.co.uk)  
**Diego Dalla Palma**  
At Marks & Spencer

## E

**Erno Laszlo**  
At Look Fantastic  
**Escentual**  
[escentual.com](http://escentual.com)  
**Exuviance**  
[exuviance.co.uk](http://exuviance.co.uk)

## F

**Fashercise**  
[fashercise.com](http://fashercise.com)

## H

**Hogan Rebel**  
[hoganrebel.com](http://hoganrebel.com)  
**Hunter**  
[hunterboots.com](http://hunterboots.com)

## J

**Jo Malone**  
[jomalone.co.uk](http://jomalone.co.uk)  
**Juicy Couture**  
[juicycouture.com](http://juicycouture.com)  
**JuveRest** [juverest.com](http://juverest.com)

## K

**Kane** At Space NK

## L

**L'Occitane**  
[uk.loccitane.com](http://uk.loccitane.com)  
**Laain** At Net-A-Porter  
**LightStim** At QVC  
**Look Fantastic**  
[lookfantastic.com](http://lookfantastic.com)  
**Lumo Lift** At Apple



# My week on a plate

Christine Ohuruogu, 31, athlete and Olympic 400m champion

MON	TUE	WED	THU	FRI	SAT	SUN
<p><b>7.15am</b> Yoghurt with nuts, and protein gel</p> <p><b>10.30am</b> Protein drink</p> <p><b>1.30pm</b> Walnut, spinach, feta and avocado salad</p> <p><b>5pm</b> Protein drink and a banana</p> <p><b>7.30pm</b> Grilled chicken with sautéed vegetables and sweet potato</p> <p><b>9pm</b> SiS Overnight Protein*</p> <p>I start early so I'm not always able to eat a full breakfast. I try to get the essential nutrients for my training through supplements and recover with a protein drink.</p>	<p><b>7.15am</b> Yoghurt with banana and nuts, and protein gel</p> <p><b>12pm</b> Protein drink and cereal biscuits</p> <p><b>2pm</b> Smoked mackerel salad</p> <p><b>2.30pm</b> Kale, carrot, kiwi and strawberry smoothie</p> <p><b>7.30pm</b> Chicken and prawn pasta</p> <p><b>9pm</b> SiS Overnight Protein</p> <p>Forget five a day – I try to pack loads of fruit and vegetables into my day with smoothies. I make a big batch each day and have a drink whenever I need a boost.</p>	<p><b>7.15am</b> Yoghurt with granola</p> <p><b>9.30am</b> Tangerines, grapes and nuts</p> <p><b>12pm</b> Cereal biscuits</p> <p><b>2pm</b> Ham, cheese and spinach wrap</p> <p><b>5pm</b> Protein drink</p> <p><b>7.30pm</b> Poached salmon with couscous</p> <p><b>9pm</b> SiS Overnight Protein</p> <p>I still have three days to go until a rest day, so it's essential to eat pick-me-up foods. I carb load on Wednesdays because Thursday is a big training day.</p>	<p><b>7.15am</b> Yoghurt with mixed nuts</p> <p><b>11am</b> Protein drink and cereal biscuits</p> <p><b>12.30pm</b> Tuna mayonnaise and onion wrap</p> <p><b>5pm</b> Beetroot, kiwi and carrot smoothie</p> <p><b>7.30pm</b> Roasted butternut squash with prawns and red cabbage</p> <p><b>9pm</b> SiS Overnight Protein</p> <p>I carefully time my meals before sessions. I need energy, but don't want to have a full stomach when I train. I eat lunch at least two hours before a big session.</p>	<p><b>8am</b> Yoghurt with granola</p> <p><b>11am</b> Grapes</p> <p><b>1pm</b> Protein drink</p> <p><b>2pm</b> Feta, walnut and pomegranate seed salad</p> <p><b>5pm</b> Blueberry muffin</p> <p><b>7.30pm</b> Red quinoa with prawns</p> <p><b>9pm</b> SiS Overnight Protein</p> <p>It's good to have a treat sometimes. I bake, but will tweak recipes to make them indulgent, but wholesome. Maple sugar and spelt flour are my favourites.</p>	<p><b>7.15am</b> Yoghurt with mixed nuts</p> <p><b>8am</b> Vitamin C and omega-3 supplement</p> <p><b>11am</b> Recovery protein drink and tangerines</p> <p><b>2pm</b> Scrambled eggs with smoked salmon</p> <p><b>4pm</b> Glass of cordial and a banana</p> <p><b>7.30pm</b> Pizza</p> <p>After a big day of cardio, I often don't feel like eating. So protein drinks and the occasional sugar hit are important – I can start recovery as soon as I step off the track.</p>	<p><b>8.30am</b> Vitamin C and omega-3 supplement</p> <p><b>9am</b> Porridge made with milk</p> <p><b>2pm</b> Rice with beef and fried plantain</p> <p><b>5pm</b> Tea with milk</p> <p><b>7pm</b> Prawn and mixed-leaf salad</p> <p><b>7.30pm</b> Yoghurt and an apple</p> <p>I like to prepare my own food so I know exactly what's in it. I opt for simple dishes. I know work for my body because a mistake can affect my training the next day.</p>

## THE EXPERT VERDICT

### WH nutritionist Eve Kalinik\* gives her feedback:

Christine is focused on food that fuels her active lifestyle with a constant source of protein to charge mammoth training sessions. Substituting dairy yoghurt for a coconut version would provide

medium-chain fatty acids for more bioavailable energy. Eating more green, leafy vegetables like spinach and kale would be better than going for starchy ones. Greens contain lots of antioxidants to aid daily recovery. After training, adding coconut

water to protein drinks would rebalance electrolytes. The main offender: cereal biscuits – they'll cause a sugar slump. She should try raw bars (like LoveRaw), which contain cacao, maca and spirulina to further aid recovery and boost her performance. **WH**





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